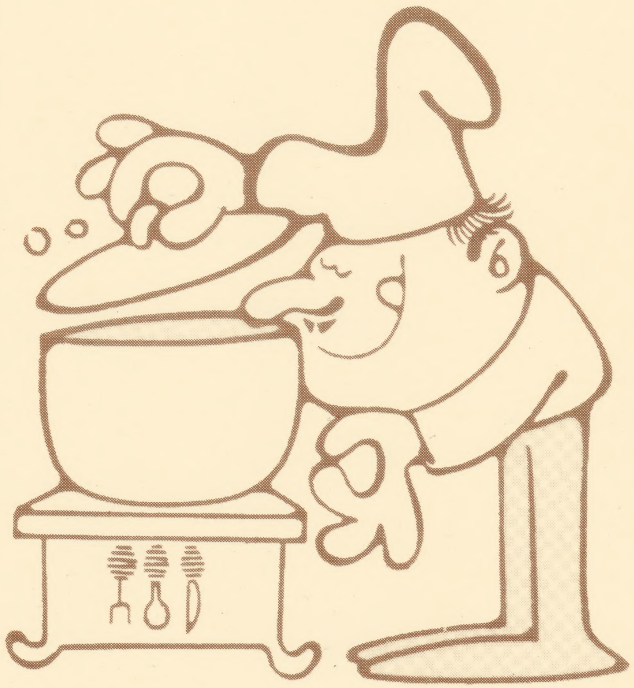
COOK BOOK

Life Members London Club

1985

Miscellaneous



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A

COOKS' BOOK!

PRESENTED BY

THE

LIFE MEMBER, TELEPHONE

PIONEERS

LONDON CLUB

LIFE MEMBER TELEPHONE PIONEERS

LONDON CLUB

FOREWORD

The cookbook committee wishes to thank all who have contributed to this publication.

Proceeds from the sale of this cookbook will be used to further projects in community service taken on by this club.

THE COOKBOOK COMMITTEE

FIRST EDITION
1985

PRINTED BY

BAKED BEANS FOR 100

8	qts. dry beans
4	lbs. salt pork
20	qts. salad
4	lbs. butter
20	doz. rolls
20	pies
4	qts. cream
2	lbs. coffee

BRAISED BEEF FOR 200

65	lbs. stew beef
60	lbs. potatoes
36	pies
	Harvard beets
40	lbs. turnips
2	lbs. cheese

TURKEY DINNER FOR 250

7	turkeys
75	lbs. butternut squash
20	large cranberry rings
75	lbs. potatoes
10	bunches celery
44	pies

CHICKEN SHORTCAKE FOR 135

60	lbs. chicken
30	pkgs. frozen peas
12	cans cranberry sauce
3	large pkg. Bisquick
17	pkgs. Flakon corn mix
2	bunches celery

HAM SUPPER FOR 225

48	lbs. canned ham
24	potato salads (solicited)
48	pkgs. peas (1 lb.)
5	lbs. coffee
9	qts. cream
45	qts. strawberries
6	pkgs. Bisquick (mixed re directions for shortcake)
6	qts. heavy cream

HASH SUPPER FOR 100

40	lbs. corned beef
32	qts. potatoes
20	qts. chopped cabbage
20	doz. rolls
4	lbs. butter
5	qts. salad dressing
4	qts. cream
2	lbs. coffee

CABBAGE SALAD FOR 175

20	lbs. cabbage
4	large cans crushed pineapple
1 1/2	qts. salad dressing
2	bunches carrots

PUNCH

2 or 3	Large gingerale (26 oz.)
1	26 oz. Baby duck
1	Tin of pink lemonade
1	Tin of crushed pineapple
	Frozen strawberries

Mix well and add ice.

Alice White

PUNCH FOR 25

1	Cup sugar
4	Cups water

Boil for 4 minutes.

Add

4	Cups orange juice or 2 tins orange juice mixed with water
2	Cups lemon juice or 2 tins lemonade
1	Large gingerale

Cherries - Oranges - Lemons

Add ice cubes.

Alice White

TEA REFRESHMENTS FOR 300 PEOPLE

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown)

FILLINGS FOR FANCY SANDWICHES -- Ribbon & rolled:

4 doz. eggs (hard boil, make filling with salad dressing and seasoning).

4 tins Klik or 1 lb. of ham or bologna -- Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1 1/2 lbs. white cream cheese -- Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1-12 oz. jar red cherries and 1-6 oz. green.

1/2 lbs. Velveeta -- Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp -- Mix with salad dressing. Roll.

2 large tins salmon -- Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2-3 per person.

DAINTIES FOR 300 PEOPLE:

3 per person usually allowed. 25 persons supplying 3 dozen each should be sufficient if a group project.

Also required:

2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
1/2 gallon sweet pickles
1/2 gallon dills

CORN OYSTERS

Very good!!

2	cobs corn, (kernels cut from cobs).
2	egg yolks (beaten)
1/2	tsp. salt
1/4	tsp. pepper
1/4	tsp. baking powder
1/4	cup all purpose flour.
3	egg whites (stiffly beaten).

Method:

Add beaten egg yolks to corn. Add salt, pepper and baking powder - beat well. Add flour and stir until thoroughly blended. Gently fold in egg whites. Deep fry until brown on both sides, flipping once, making oyster size blobs.

Audrie Koegler

POTATO PANCAKES

6	large potatoes
1	half medium size onion (1 small onion)
1	egg
2	tbsp. milk
	salt and pepper to taste.

Grate potatoes and onion. Break egg into mixture and beat with a fork until blended. Stir in milk and salt and pepper. Fry two heaping tbsp of mix for each pancake, in hot oil, or lard until golden brown. Turning only once. Keep hot while frying the remainder of pancake mix. Serve with apple sauce.

Audrie Koegler

CHEESE BALL

2	8 oz. Phil. cream cheese (at room temperature)
1/2	cup green pepper (finely chopped)
2	tbsp. chopped onions
1	cup finely chopped walnuts
1	tsp. seasoned salt
1	cup crushed pineapple well drained

Use 1/2 cup nuts in mixture. Blend all ingredients together in blender, or use hand or electric mixer. Shape into a ball and roll in remaining 1/2 cup nuts. Chill.

M. C.

POTATOES ANNA

Peel 6 large potatoes. Trim the sides slightly so they can be cut into more or less even slices less than 1/8" thick. Spread a good quantity of soft butter in the bottom of an iron skillet.

Place a layer of potatoes overlapping in even rows over the butter. Covering the bottom of the skillet completely. Season with salt and pepper and coat with more butter. Continue making layers in this manner to a depth of about 2". Cover the skillet closely and cook the potatoes in a 325^{o} oven - about 1 hour.

To serve, place a serving dish upside down over the potatoes and holding it firmly, turn the whole thing over so that the bottom crust of potatoes comes out on top.

Serves 6

Audrie Koegler

BOSTON BAKED BEANS

2	20 oz. cans baked beans
2	tsp. dry mustard
1/4	cup brown sugar
2	tbsp. chopped onion
	bacon strips

Place canned beans in a 2 quart casserole. Stir in dry mustard, brown sugar and chopped onion. Place strips of bacon on top.

Bake in a 350° oven - 40 - 50 min.

Marion Springett

SPINACH PIE

Prepare your favorite unsweetened, double, 10" crust. Steam until barely done, 10 - 12 oz. spinach, drain well.

Add:

1	lb. tofu (mashed well with a fork)
2	eggs (lightly beaten)
2 1/2	cups grated cheddar cheese
1 1/2	tsp. salt

Turn into the prepared crust or a 10" oiled casserole. If a crust is used, top with the upper crust, flute the edges and prick with a fork. Bake at 450° for 10 minutes, reduce heat to 350° and bake an additional 45 - 50 minutes. If a crust is not used, bake at 350° for 30 - 40 minutes.

Dorothy Anderson

CHEESE BALL

2 - 8	oz. pkg. philadelphia cream cheese
1/2	pkg. imperial sharp cheese
2	shakes worcestershire sauce
2	tbsp. onion juice (white sweet pickled)
2	small bags chopped pecans

Method:

Mix all but pecans in a bowl. Blend with mixer until peach colour and then set in freezer for a few minutes.

Wet hands and roll mixture into 2 balls. Roll in pecans.

Refrigerate until serving time.

P.S. Half recipe makes a good size ball.

Eileen Smith

CHEESE BALL - 2 Balls

2	Package "Philly" cream cheese
1	Medium onion finely chopped
1	Small green pepper finely chopped
1	14-19 oz. can crushed pineapple (well drained and dried)
1	Teaspoon seasoning salt
1	Package finely chopped pecans

Mix together all ingredients but pecans.

Make into 2 balls and roll in pecans; Chill.

Very Good!!

Nettie Sharp

MACARONI LOAF

2	cups macaroni	1	cup milk
2	cups grated cheese	2	eggs beaten
2	tsp. salt		

Cook macaroni in boiling water. Drain and combine with milk, cheese, eggs and salt.

Place in well oiled loaf pan.

Bake in 350° – 1 1/4 hrs. or till done.

Dorothy Mitchell

CABBAGE ROLLS

1	lb ground steak
1	onion
1	can Tomato Soup
	Salt & Pepper
3	tbsp. long grain Rice
1	can water with 2 tbsp. brown sugar mixed in.

Method:

Melt brown sugar in water.

Put ground Steak with onion cut up in frying pan & brown. Add soup and rice.

In greased casserole, put in 3 cup coursely chopped cabbage & pour meat mixture over cabbage. Bake at 325° for 1 1/2 hrs & 15 min. before you take out of oven. Sprinkle 1/2 cup grated cheddar cheese on top.

Freezes well.

Alice White

MUSHROOM SKILLET BAKE

Saute in a large oven-proof skillet over medium heat.

1	medium onion chopped
2 - 3	tbs. oil

Add and saute for 3 minutes more:

4	cups sliced mushrooms (tightly packed)

Remove from heat.

Stir in:

12	oz. tofu (mashed well with a fork)
1/2	cup milk
3	eggs (lightly beaten)
1	tsp. salt
1/4	tsp. pepper
1/4	tsp. garlic powder
1	cup grated cheddar cheese or swiss cheese

Bake at 350° for 30 - 35 minutes.

Serves 4 - 5.

POTATOE PANCAKES

9	medium size potatoes
1/2	tsp. baking soda
2	onions
1	egg
3/4	cup flour
	salt and pepper

Grind potatoes and onions. Stir in remaining ingredients and mix well. Fry like pancakes in hot fat or oil until golden brown, turning once.

Shirley Dean

NEVER FAIL FUDGE

1 1/2	cups white sugar
1 1/2	cups brown sugar
2	tbsp. corn syrup
1/2	cup butter
1/2	cup milk
2	tbsp. cocoa
	pinch of salt

Bring to boil. Boil for exactly 6 minutes. Add 1 tsp. vanilla and nuts. Beat until shiney. Pour out on buttered pan.

Eileen Smith

CREAMY BEAN SOUP

1	Cup white beans	Soak overnight
3	Cups water	or
		Simmer for 2 min. and let sit for 1 hr.

Now add 1 or 2 pork hocks and vegetables and seasonings.

2	Med. onions	
2	Carrots	
2	Stalks of celery	cut in small slices
3/4	Cup turnip	
1	Tsp. salt	
1/2	tsp. pepper	
1/2	tsp. marjoram	
1	Bay leaf	

Now add 3 more cups water, cover, (total 6 cups) simmer for 2 1/2 hours. Remove pork hock, discard skin and bone. Cut meat in small pieces and return to pot. Remove 1 cup of vegetables and mash them, return to pot and add 1 cup of milk. If fatty, chill soup in frig. and skim off fat before adding milk.

Very good for a crowd in cold weather, or freeze in smaller containers for future use. May add more milk if too thick when reheating.

N.F.

GREEN SPLIT PEA SOUP

2	Quarts water
2	Cups green split peas
1	Celery branch coarsely chopped
1	Large carrot chopped
1	Small onion chopped
1/4	teaspoon ground thyme
1	Pinch Cayene
1	Bay leaf
	Salt and Pepper

Boil hard for 20 minutes, then slowly until peas are tender. Strain through a fine sieve and reheat to boiling point.

Serves 8

Audrie Koegler

BLENDER CELERY SOUP

2	C. celery - coarsely cut
1	C. water
2	tbsp. butter
1	tsp. salt
2	tbsp. flour
2	C. milk
1	chicken cube

Method - Cook celery and water in covered pot until tender. (approx. 30 min.). Cool enough to tip into blender. Blend until mixture is fine. Make thin white sauce with melted butter, flour and salt. Add milk and cook until thick. (more milk may be added). Add chicken cube and celery. Heat until cube dissolves but do not boil. Serves 4.

Wilma Wardle

CORN CHOWDER

4	strips of bacon diced

Fry over medium heat in a large sauce pan until brown crisp. Remove bacon to paper towel. Crumble.

1	medium onion diced
2	medium carrots diced
1	green pepper diced
1/2	cup celery

Cook over medium heat till onions are transparent and carrots a little crisp. Mix:

3	tbsp. flour
1/4	tsp. dry mustard
1/4	tsp. paprika
	dash of cayenne

Add to pan and stir into fat and vegetables. Add 2 cans of chicken broth undiluted or your own chicken stock. Cook until it thickens. Add one 17 oz. can of cream styled corn and stir. Simmer 10 minutes.

Add:

1/4	tsp. maggi seasoning
2	tsp. sugar
1 1/2	tsp. dry chicken stock base
1	cup milk

Add to mixture and heat again. Pour in bowls and garnish bacon bits. Makes 6 cups of chowder.

Betty MacDonald

CHEDDAR CHEESE SOUP

1/4	Cup diced onion
2	Tbsp. butter
1/4	Cup flour
2	Cups milk
2	Cups chicken broth
1/4	Cup diced carrot
1/4	Cup diced celery
1/2	Cup Sharp cheese grated
1 oz.	Sherry

Cook onion in butter - blend in flour, gradually add milk. Par boil carrots and celery in chicken broth. Add broth mixture to milk mixture stirring frequently. When it thickens and is bubbly add cheese and sherry. Sprinkle with parsley or croutons when serving.

Yvonne Hunt

COLD AVACADO SOUP

2	avacados (reserve a bit)

Blend remainder with some onion and 3/4 tsp. lemon juice in blender.
Add 1/2 cup whipping cream, 1/2 - 3/4 cup milk, and salt.

Blend

Pour into bowls. Toss remaining avacado with lemon juice and use as a garnish.

Chill Delicous! Serves two or three.

Audrie Koegler

HEARTY MUSSEL CHOWDER

2	kg. fresh mussels
175	ml. bacon, chopped
50	ml. onion chopped
50	ml. flour
1	liter mussel broth
750	ml. potatoes, diced
1	liter milk
250	ml. light cream
5	ml. salt
2	ml. pepper

Wash mussels and remove byssus threads. Steam to open. In a large saucepan, fry bacon until slightly browned. Add chopped onion and saute until transparent. Stir in the flour. Add the mussel broth, stirring until smooth and slightly thickened. Add diced potatoes and boil slowly until cooked. Combine the milk, cream and mussel meats with broth mixture. Season with salt and pepper, serve piping hot. Serves 6 - 8.

This chowder may be frozen for 8 - 10 weeks. To thaw, place in refrigerator 24 hours.

A. Koegler

CHICKEN LIVER PATE

1	lb. chicken livers
2 - 3	tbsp. butter
2	hard cooked eggs
1	small onion
3 - 4	sprigs
1/4	cup heavy cream
1	tsp. salt
1/2	tsp. dry mustard
1/2	tsp. paprika
1/4	tsp. nutmeg or marjoram
1/8	tsp. pepper

Rinse chicken livers with cold water and dry on paper towel. Melt butter in a skillet and add the liver. Stir-fry slowly 5 - 10 minutes, or until gently cooked through. Remove from heat and cool. Lift livers into a bowl with slotted spoon and reserve drippings. Finely grind or mince livers, eggs, onion and parsley and set aside.

Stir remaining ingredients into reserved drippings, stirring to scrape pan, then pour over liver mixture. Minc thoroughly and press into a small oiled loaf pan or 3 cup mold. Chill about 4 hours. Cut into small servings and serve with melba toast.

CREAM OF BROCCOLI SOUP

1	lb. Broccoli
1	Stalk celery with leaves
1	Small onion
1	Large parsnip
4	Cups chicken broth
1/8	Tsp. dry mustard
	Salt and pepper
1	Cup light cream
1	Lemon thinly sliced

Peel broccoli stalks and cut up stalks and clean flowerets, clear, and chop other veg. In large pot heat chicken stock to boiling. Add vegetables and simmer covered until tender.

Cool slightly then puree everything in blender. Can be prepared to this point ahead of time. Transfer puree to top of double boiler. Add mustard, salt and pepper and cream. Heat, serve garnished with lemon slice.

Yvonne Hunt

BAILEYS IRISH CREAM

1	can Eagle Brand milk
3	eggs
2	tsp. chocolate syrup (milkmate)
1/2	tsp. vanilla
1/2	tsp. cocoanut flavoring
10	ounce rye or vodka

Put all in blender and mix well. Keep in frig.

Audrie Koegler

HAWAIIAN DELIGHT

Combine, stir and heat slowly.

1	can mushroom soup
1/2	tsp. salt
1	tsp. curry powder
1	can drained pineapple chunks
1/4	cup sliced almonds
1/4	cup stuffed olives (sliced)

Heat thoroughly. Serve over hot rice or Chinese noodles.

Greta MacLean

GINGER CREAM CANDIES

2	cups white sugar
1	cup brown sugar
2	tbsp. corn syrup
2	tbsp. butter
1	tsp. vanilla
1/4	cup preserved ginger (drained)
3/4	cup milk

Stir sugar, syrup and milk over heat until sugar is dissolved. Cook slowly to soft ball stage. Add butter and vanilla. Remove from stove, cool, then beat until it thickens. Add ginger, beat slightly and pour on buttered plate or tin. Cut into squares.

Audrie Koegler

CRUNCHY GRANOLA

4	cups large flake rolled oats
1	cup unsweetened coconut
1	cup raisins (add after cooking)
1	cup walnuts
1	cup sunflower seeds
1/2	cup raw wheat germ
1/2	cup unhulled sesame seeds
1/2	tsp. sea salt
1/2	cup melted honey
1/2	cup pressed oil safflower

Mix dry ingredients. Add honey and mix well. Add oil and mix well. Bake at 275 in shallow pans for 15-20 minutes stirring often. Allow to cool thoroughly before storing in air tight container.

Dorothy Anderson

CREAM CANDY

1	cup brown sugar
1	cup white sugar
1/4	cup butter melted
1/4	cup corn syrup
1/2	cup milk
	Walnuts (optional)

Put all ingredients in a sauce pan & boil for 8 min. Stir occasionally. Cool and beat well. Place on buttered pan and mark.

Muriel Nichol

ENGLISH TOFFEE

1 1/3	cups (15 oz. can) Eagle Brand Condensed milk
2	cups brown sugar
1/2	cup corn syrp
1/2	cup butter
1/8	tsp. salt

Mix all in saucepan. Bring to boiling point - stir constantly. Cook over slow flame and stir until mixture forms a hard ball when tested cold water. Remove from heat and pour into buttered pans. Cool and cut into squares - (roll in balls and cover in choc)

Chocolate for dipping

8	oz. semi sweet choc
1	tbsp. parafin

Heat over warm not boiling water until melted. Use a dipping or short fork or steel knitting needle. Place on waxed paper.

CANDY
(Even Children Can Eat)

1	cup sunflower seeds (shelled)
1	cup sesame seeds or (1/2 sesame and 1/2 coconut)
1	cup liquid honey
1	tsp. of vanilla or peppermint
3/4	cup carob powder

Mix all in blender or processor and place mixture in 8 x 8 square pan and put in refrigerator to set.

Dorothy Anderson

MAPLE CREAM FUDGE

1	cup brown sugar
1	cup white sugar
1/4	cup melted butter
1/4	cup corn syrup
1/2	cup milk

Boil together for 8 minutes, cool and beat well.

Add some nuts. Place in buttered pan and mark.

Muriel Nichol

LIQUID MEASURES

IMPERIAL	METRIC
1 teaspoon	5 ml
1 tablespoon	20 ml
2 fluid ounces (1/4 cup)	62.5 ml
4 fluid ounces (1/2 cup)	125 ml
8 fluid ounces (1 cup)	250 ml
1 pint (16 ounces - 2 cups)*	500 ml

* (The imperial pint is equal to 20 fluid ounces)

CONTENTS OF CANS

SIZE		AVERAGE CONTENTS
8 oz.	-	1 cup
NO. 300	-	1 3/4 cups
NO. 1 Tall	-	2 cups
NO. 303	-	2 cups
NO. 2	-	2 1/2 cups
NO. 2 1/2	-	3 1/2 cups
NO. 3	-	4 cups
NO. 10	-	12-13 cups

OVEN TEMPERATURE GUIDE

Description	Gas		Electric		Mark
	C	F	C	F	
Cool	100	200	110	225	1/4
Very slow	120	250	120	250	1/2
Slow	150	300	150	300	1-2
Moderately Slow	160	325	170	340	3
Moderate	180	350	200	400	4
Moderately hot	190	375	220	425	5-6
Hot	200	400	230	450	6-7
Very hot	230	450	250	475	8-9

SOLID MEASURES

AVOIRDUPOIS	METRIC	
1 ounce	30 g	
4 ounces (1/4 lb)	125 g	
8 ounces (1/2 lb)	250 g	
12 ounces (3/4 lb)	375 g	
16 ounces (1 lb)	500 g	
24 ounces (1 1/2 lb)	750 g	
32 ounces (2 lb)	1000 g	(1 kg)

MUFFINS HIGH

Use your own favorite recipe and follow the following times:

1 muffin	-	25	-	40 seconds
2 muffins	-	3/4	-	1 1/2 mins.
4 muffins	-	1 1/2	-	2 1/2 mins.
6 muffins	-	2 1/2	-	4 1/2 mins.

Marg Claxton

METRIC GUIDE

1	ml	is slightly less than 1/4 teaspoon.
2	ml	is slightly less than 1/2 teaspoon.
5	ml	replaces one teaspoon.
15	ml	replaces one tablespoon.
250	ml	replaces one 8 oz. cup.
500	ml	replaces 2 cups
100	g	is a little less than 1/4 lb.
250	g	is a little more than 1/2 lb.
500	g	is a little more than 1 lb.

COMMON FOOD EQUIVALENTS

1	lb. apples	= 3	medium (3 cups sliced)
1	lb. bananas	= 3	medium (2 1/2 cups sliced)
1	lb. cheddar cheese	= 4	cups grated
1/2	lb. chocolate, unsweetened	= 8	1 oz. squares
1	lb. coconut shredded	= 5	cups
1	pt. whipping cream	= 2	cups (4 cups whipped)
1	lemon, medium (juice)	= 2-3	tbsp.
1	lemon, medium (rind)	= 1 1/2-3	tsp.
1	orange, medium	= 1/3 to 1/2	cup juice
1	orange, medium	= 1-2	tbsp. rind
1/4	lb. marshmallows	= 16	marshmallows
1	lb. dates	= 1-3/4	cups, cut up
15	oz. pkg. raisins	= 3	cups
1	lb. peanuts in shell	= 2 1/2	cups nutmeats
12-14	egg yolks	= 1	cup
1	lb. brown sugar	= 2 1/4	cups firmly packed
1	lb. confectioners sugar	= 3 1/2	cups, sifted

IN MEASURING, REMEMBER

3 tsp.	=	1 tbsp.
2 tbsp.	=	1/8 cup
4 tbsp.	=	1/4 cup
8 tbsp.	=	1/2 cup
16 tbsp.	=	1 cup
5 tbsp. + 1 tsp.	=	1/3 cup
12 tbsp.	=	3/4 cup
4 oz.	=	1/2 cup
8 oz.	=	1 cup
16 oz.	=	1 lb.
1 oz.	=	2 tbsp. fat or liquid
2 cups fat	=	1 lb.
2 cups	=	1 pt.
2 cups sugar	=	1 lb.
5/8 cup	=	1/2 cup + 2 tbsp.
7/8 cup	=	3/4 cup + 2 tbsp.
1 lb. butter	=	2 cups or 4 sticks
2 pts.	=	1 qt.
1 qt.	=	4 cups
A few grains	=	less than 1/8 tsp.
Pinch	=	as much as can be taken between tip of finger and thumb.
Speck	=	less than 1/8 tsp.
t.	=	teaspoon
T.	=	tablespoon

WEIGHTS AND VOLUMES

dash or pinch		=	less than 1/8 tsp. = 2 to 3 drops	
3	teaspoons	=	1	tablespoon
1/4	cup	=	4	tablespoons
1/3	cup	=	5	tbsp. plus 1 tsp.
1/2	cup	=	8	tablespoons
2/3	cup	=	10	tbsp. plus 2 tsp.
3/4	cup	=	12	tablespoons
1	cup	=	16	tablespoons = 8 fluid ozs.
1	pint	=	2	cups
1	quart	=	2	pints
1	gallon	=	4	quarts
1	pound	=	2	cups
1	pat	=	1	teaspoon
1	splash	=	1	tablespoon
1	dollop	=	1	tablespoon
1	pound bread	=	12-16	slices
1	square chocolate	=	1	ounce
1	lemon	=	3	tbsp. juice
1	lemon	=	2	tsp. rind

HINTS

Do not store potatoes and onions near each other, as both will spoil.

When making hamburgers soak three slices of white bread to one of meat in cold water. Squeeze out the water and add to meat mixture. Really makes a hamburg tender.

To have sparkling windows, make your own solution, by mixing one quart water, 1/2 cup ammonia and, 1/3 cup vinegar.

To keep cream from running down outside of pitcher, rub a bit of butter on the underside of spout.

Frozen vegetables will taste fresher if they are defrosted before they are cooked. Defrosted vegetables take less time to cook; thus they retain a fresher taste.

Basic Milkshakes: Put two or more scoops of ice cream in a blender, add 3/4 cup (175 mL) cold milk and add flavouring. Blend until smooth and pour into large glass.

Flavours: Vanilla - add 1 tsp. (5 mL) vanilla
Chocolate - add 2 tbsp. (30 mL) chocolate syrup
Berry - add 1/3 cup (75 mL) berries, fresh or frozen
Fruit - add 1/3 cup (75 mL) fruit, fresh or canned

Pocketing a chop: Lay the chop on your cutting board so that the outside back fat covering is to your right. Insert a sharp, pointed knife through the centre of the fat covering to a depth of about 5 cm (2 inches). Enlarge the opening with the knife so that it is approximately 5 cm (2 inches) wide.

Using a small spoon, fill the pockets loosely - the stuffing will swell as it cooks.

To secure the stuffing insert 2 toothpicks diagonally near the border of fat so they cross at the centre of the opening.

An 8-inch square baking pan holds about the same amount of batter as a 9-inch round pan of approximately the same depth; therefore, baking time will be about the same too. A 9-inch square and a 10-inch round pan work the same way.

If short one egg in a recipe - substitute one teaspoon cornstarch. It's a perfect replacement.

For high meringue add a pinch of baking powder to warm egg whites before heating.

Place aluminum foil under napkins in roll basket and the rolls will stay hot longer.

Tangy cheese sauce: To white sauce, add 1 cup (250 mL) grated Cheddar cheese. Stir until melted. Flavour with dash of Tabasco, 1/4 tsp. (1 mL) Warcestershire sauce, and 1/4 tsp. (1 mL) dry mustard.

Radish Roses - Trim leaves and tip. Cut the skin in 6 or 8 sections to within one-quarter inch of the stem. Separate the skin from the centre and place in cold water to curl.

When preparing a cake batter that calls for the alternate addition of flour and liquid, start and finish with the flour. Your cake will be lighter as a result.

To make the juiciest hamburgers, add 1/3 cup of applesauce for each pound of meat, add salt and pepper, shape the meat into patties and cook as usual.

Clean spinach by washing it first in warm water to loosen dirt and sand. Then wash it in cold water until it is clean.

Toasted Buttered crumbs: Makes 1 1/2 cups. Melt 1 tablespoon butter or margarine in a small skillet. Add 3 slices white bread, crumbled; cook, stirring until crumbs turn golden brown; add 1 tablespoon chopped parsley; toss to blend.

Unmolding gelatin. Rince the mold pan in cold water and then coat with salad oil. Your mold will drop out easily and will have an appealing luster.

To separate a head of lettuce, cut out the core, then hold the lettuce - upside down - under cold running water. The force of the water separates the leaves.

A rule of thumb for cooking vegetables covered or uncovered: in general, vegetables that grow underground should be cooked covered; those that grow above the ground should be cooked uncovered.

To measure half an egg, first beat the whole egg lightly, then measure two tablespoons. That's all there is to it!!

Instant white sauce. Blend together 1 cup soft butter and 1 cup flour in an ice-cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

Heat the remnants in the catsup bottle (remove the cap before putting in microwave) - the catsup will flow more easily.

Plump up overly - dry raisins by heating them for 15 seconds in a little water in the oven (no more than a teaspoon of water per cup).

Soften a block of pitted dates so it will separate into measurable portions.

Dry flowers by covering the blossoms with silica gel (a moisture-absorbing agent available at craft stores) and heating for 30 seconds to 3 minutes depending on the quantity and density of the flowers.

Add 2 tbsp. vinegar when canning strawberries. This will retain the red color of the berries.

A pound head of cabbage will shred into 5 cups for slaw.

Fill a large salt shaker with flour to use when dusting cake pans or coating meats.

Small families, who can't eat a loaf of bread before it gets stale or molds, can divide it and tuck half in an old bread wrapper. Freeze the other half and waste none.

Do your friends a favor and watch their calories. Make your party dip with yogurt instead of sour cream, a savings of 20 calories a tablespoon.

Love pumpkin pie but watching calories? Bake your favorite filling in custard cups and forget the crust.

Use a pitcher to pour batter into cupcake pans. It's faster and neater then using a spoon.

Instead of flour, use instant potato flakes to thicken stews, or soups. Sprinkle in a little at a time and stir.

Egg whites can be frozen up to nine months. Thaw to room temperature than use as fresh.

Chili powder, cayene pepper and paprika should be stored in the refrigerator.

Mushrooms keep better in a brown paper bag when refrigerated.

To keep white rice from sticking, add a teaspoon of lemon juice per quart of water.

Green peppers will retain their colouring longer if brushed with olive oil before stuffed or baked -- and their shape better if they are baked in muffin tins.

After cooking, you can erase the onion or garlic odors from your fingertips by rubbing the fingertips well with salt and holding them under running water for a few minutes.

To add zest to carrot sticks, add a small sliced onion to the ice water in which you chill them. After about an hour in the refrigerator, the sticks will be zesty and flavourful as well as nice and crisp.

Change you favourite apple pie pastry recipe by adding lemon juice as part of the water and the grated lemon peel to the dry ingredients. This steps up the flavour, making a tastier pie.

By heating lemons quickly for a few minutes in hot water there will be more juice from them.

A little grated orange or lemon rind goes well atop some cream soups such as celery, mushroom and asparagus. It makes the soup more appetizing in looks as well as adding taste appeal.

Cooking any green vegetable add a pinch of soda. Makes them nice and green.

Substitute slightly sweetened sour cream for whipped cream for use as a dessert to salad topping. (Less calories)

It doesn't take a gay blade to separate frozen steaks or other meats. Just a hot one. Run hot water over a knife, insert the heated steel between the layers of meat and separate carefully.

Prevent butter from burning when sauteing by adding a small amount of oil. Butter alone burns easily, but the combination of butter and oil does not.

Get more juices from citrus fruits by heating the lemons, oranges or grapefruit in the oven for a few minutes before extracting the fruit.

Brush white vinegar on a line when you drop a hemline.

Eggnogs: The egg could be described as nature's "convenience food"; it comes in its own sealed package, cooks quickly and is appropriate at any meal. It's particularly valuable to get breakfast-haters off to an energetic start in the morning. All these nourishing drinks can be whizzed in a blender.

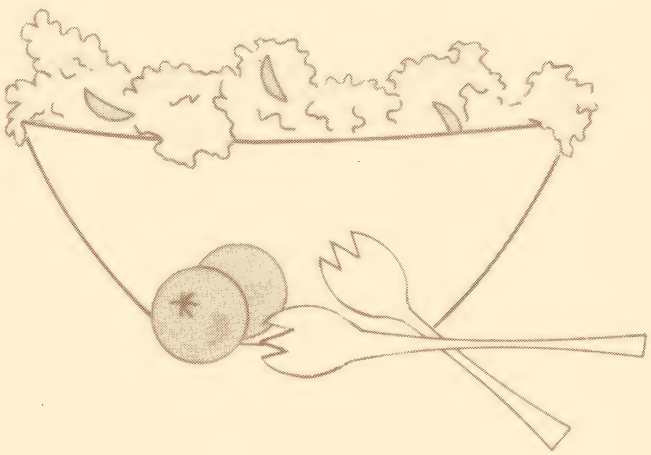
Strawberry Nog: add 1 egg, 3/4 cup milk, 6 large strawberries and 1 tablespoon of honey.

Banana Nog: add 1 egg, 1 cup cold milk, 1 small ripe banana and 1 tablespoon honey.

Orange Nog: add 1 egg, 1 cup chilled orange juice, 1 tablespoon honey and 1 teaspoon of lemon juice.

Apple Nog: add 1 egg, 3/4 cup chilled apple juice, 1/4 cup cold milk, 1 teaspoon honey and 1/4 teaspoon of cinnamon.

Salads



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SOUR CREAM GREEN BEAN SALAD

4	cups cold cooked beans (cut in 1 inch length)
2	green onions, or 1 small onion finely chopped
1	tbsp. sugar
1	tbsp. cider or white vinegar
1/2	cup dairy sour cream
	salt and pepper to taste

Cut beans in shorter length if desired, and put in large bowl with the onion. Blend remaining ingredients. Pour over beans and toss lightly. Cover and refridgerate until served.

A. Koegler

TUNA FISH SALAD

1	envelope gelatine
1/2	cup hot water
1	tin tuna
1/2	cup mayonaise
1/2	cup finely chopped celery
1/4	cup liquid from pickles
1/2	tsp. salt
	cayenne (optional)

Dissolve gelatine in water and break fish into small pieces, add celery, relish, salt and cayenne and mayonnaise and dissolved gelatine. Pour into mold. Serves six.

Muriel Nichol

SHIRLEYS SALAD

1 - 3%	Pistachio pudding powder
1	Small cool whip
1	Small cottage cheese
1	Small tin mandarin oranges
1	Small tin pineapple tidbits

Sprinkle pudding on cottage cheese. Stir till melted. Add drained mandarin oranges and drained pineapple tidbits. Stir till mixed. Fold in 1 small container cool whip.

Dorothy Mitchell

DELICIOUS JELLO SALAD

1	large cool whip
8	oz. pkg. Philadelphia cream cheese
1	small apricot jello
1	tin mandarin oranges drained and cut in half
1/2	cup (chopped fine) walnuts or pecans

Make jello as directed on pkg. Let set until jello is pretty firm. In mixer, blend the cheese well, then add the jello, oranges and nuts. Mix well. Fold in cool whip till smooth. Pour into salad bowl or mold. Keep refridgerated.

It is also good using either lime or orange jello.

Drue Percival

RUSSIAN SALAD ON BUN

1/2	lb. cooked ham
1/4 to 1/2	cup mayonnaise
1/4	tsp. salt.
1/8	tsp. pepper
1	tsp. capers chopped
1/2	tsp. liquid from capers.
1/2	doz. small crusty buns.

Slice ham in quarter inch slices. (This can be done quickly by leaving ham layered in 5-6 slices at a time). Cut these slices in quarters to 1/2 inch cubes. Put in bowl and add all other ingredients. Mix thoroughly but gently. Keep refrigerated until ready to use. Split and butter buns. Mound ham mixture on each half bun.

Audrie Koegler

ORANGE FRUIT SALAD

2	3% orange jello (mix with 2 cups boiling water and let cool)
	Add
1	12 1/2% can frozen orange juice
1	19% can crushed pineapple (undrained)
1	10% tin mandarin oranges (undrained)

Mix jello using 2 C. boiling water. Let cool. Then add orange juice, pineapple, oranges. Mix together and chill until set.

Muriel Nichol

APRICOT SALAD

1 small pkg. apricot jello powder
1 large pkg. Philadelphia cream cheese (softened)
1 tin mandarin oranges (drained)
chopped nuts

Let jello just about set - soften cream cheese with fork - cut mandarin oranges in half and add to cream cheese - add a handful of chopped walnuts - add jello and beat. Fold in a large pkg. of cool whip. Chill in refridgerator.

Jean Schou

SPINACH MUSHROOM SALAD

1/2 lb. spinach
1/2 lb. small mushrooms (solid white)
1/2 lemon (juice)
4 slices dry bread
1 tbsp. butter
1 clove garlic
6 tbsp. olive oil
2 tbsp. white wine vinegar or lemon juice
salt and pepper

Wash spinach, & drain well, discarding stalks & cut leaves across in thin strips. Wipe mushrooms and remove stalks; - slice caps. Squeeze the 1/2 lemon over them. Fry bacon until crisp & drain - break into small pieces. Remove crusts of bread & discard. Cut bread slice in small cubes. Peel garlic and add it and butter in a pan and fry croutons until golden brown. Toss altogether in salad bowl (discard garlic) add salt & pepper. Mix oil & vinegar & toss again.

Audrie Koegler

WARM POTATO SALAD

2	lbs. small potatoes (preferably red)
1/3	cup vegetable oil
1	medium onion (chopped)
3/4	cup celery (chopped)
1	tbsp. all purpose flour
3/4	cup water or beef stock
1/4	cup cider vinegar
2	tbsp. sugar
2-3	tsp. salt
1/4	tsp. pepper
1/8	tsp. celery seed

Peel potatoes; cut into 1/4 inch slices and put in a large saucepan with enough water to cover. Cover and cook potatoes until tender, about 15 minutes.

In pan, heat oil over medium heat. Add chopped onion, and cook a few minutes. Stir in celery and flour, then the water, vinegar, sugar, salt to taste, add pepper. Stir and heat until thick and bubbly. Gently stir in potatoes. Serve warm.

Audrie Koegler

FROZEN CHERRY SALAD

1	can condensed milk
1	can cherry pie filling
1	can (medium size) crushed pineapple
1	(medium size) carton of cool whip
1/2	C. chopped pecans or walnuts.

Mix all ingredients together and freeze in oblong glass baking dish. Slice and serve on crisp lettuce.

Jean Schou

PISTACHIO SALAD

1	14oz crushed pineapple and juice
1	pkg. dream whip
1	pkg. pistachio instant pudding
1	14 oz. can fruit cocktail

Mix Pistachio & pineapple together. Fold in Dream Whip and then add fruit cocktail.

Alice White

WALDORF SALAD

3	cups diced apples
1	cup seedless grapes
1	cup miniature marshmallows
1/2	cup walnut halves (toasted)
1/2	cup miracle whip salad dressing
1/2	cup heavy cream whipped
1/2	head lettuce, (med size) torn into bite size pieces.

Combine the fruit, marshmallows, nuts and lettuce. Combine the salad dressing and whipped cream and pour over salad, folding into salad gently. Chill until serving.

PINK CLOUD SALAD

1	32 oz. cool whip
1	16 oz. cottage cheese
1	19 oz. crushed pineapple (drained)

Mix all ingredients and add 1 package strawberry or raspberry Jello powder and mix well. Let sit in frig a few hours before serving.

M. Clarke

HONEYMOON SALAD

2	cups crushed pineapple
1/2	cup white sugar
1 1/2	pkgs. knox gelatin
2	tbsp. lemon juice
1	tbsp. cherry juice
1	8 oz. pkg. philadelphia cream cheese
20	maraschino cherries
1/2	pt. whipped cream

Heat crushed pineapple and white sugar just to the boiling point.

Soften 1 1/2 pkgs. of knox gelatin - add to pineapple and sugar. Add 2 tbsp. lemon juice, 1 tbsp. cherry juice. Let cool. Cream 1 - 8 oz. pkg. of Philadelphia cream cheese. Chop 20 maraschino cherries and add to cheese. Combine the two mixtures a little at a time. Chill until slightly thickened. Blend in 1/2 pint whipped cream and put into mold. Refrigerate over night.

(1 pkg. dream whip " whipped" could be used).

Sadie Gourlay

JELLO SALAD

2	pkg. lime jello (large)
2	cups hot water
2	cups cold water

Dissolve and pour into 14 x 10 x 2 pan. Chill until partly set.

1	pkg. lemon jello (large)
2	cups hot water
1/2	cup small marshmallows
1	cup pineapple juice
1 - 8	oz. cream cheese
1	large can crushed pineapple

Dissolve lemon jello in 2 cups hot water in top of double boiler. Add marshmallows and stir until dissolved. Remove from heat. Add 1 cup drained pineapple juice and cream cheese. Beat until well blended. Stir in drained pineapple. Cool slightly.

1	cup cream whipped
1	cup mayonnaise

Fold in whipped cream and mayonnaise. Chill until thickened.

Pour in layer over lime jello.

Arlie Kinsfater

Breads and Rolls

BREADS AND ROLLS
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BANANA MUFFINS

1	cup white sugar
1/2	cup salad dressing
1	cup all purpose flour
1	tsp. soda
1/2	tsp. salt
1 1/2	large (or 2 small) mashed bananas

In a large bowl, mix flour, soda, sugar and salt together. In a smaller bowl, mash bananas and add salad dressing. Mix. Then add banana mixture to flour mixture. Stir until moistened. Then put into muffin tins and bake at 350° for 20 minutes.

Muriel Nichol

DATE LOAF

1	cup boiling water
1	tsp. baking soda
1	cup chopped dates
1	tbsp. butter
3/4	cup brown sugar
	pinch of salt
1	egg
1/2	cup chopped nuts
1 1/2	cups flour

Add chopped dates and soda to boiling water. Let cool. Mix together remaining ingredients, add date mixture and let stand for 1/2 hr. Grease and flour pan. Bake at 300° for 50-60 mins. or until done.

Betty Dance

ZUCCHINI LOAF

3	eggs (beat until fluffy)
2 1/4	cups white sugar
2	tsp. vanilla
2	cups shredded zucchini
3	cups flour
1/4	tsp. baking powder
1	tsp. soda
1	tsp. salt
1	tsp. cinnamon
1	cup nuts
1	cup oil

Beat eggs until fluffy, then add sugar, vanilla, oil and zucchini. Sift dry ingredients and add to egg mixture. Add nuts. Pour into greased pan and bake at 350° for 1 hour. Makes 2 loaves. Cool and freeze.

Marjorie Graham

SCOTCH SQUARES

1	cup flour
2	cups rolled oats
1 1/2	tsp. soda
1	cup chopped nuts
1	cup butter or margarine
1	cup lightly packed brown sugar
1	tsp. vanilla

In bowl add flour, oats, soda, and nuts. Stir well to blend. Melt butter, brown sugar and vanilla together. Stir into flour mixture. Press into 9x13 or 15x10 pan that is lightly greased. Bake 350 degrees for 20 minutes. Cut while still warm. Yield = 4 dozen. I use 1/2 cup nuts and 1/2 cups raisins.

Nettie Sharp

QUAKER BRAN MUFFINS

1/4	cup shortening
1/4	cup molasses
3/4	cup milk
1/2	cup raisins or dates
1 1/2	tsp. baking powder
3/4	tsp. salt
1/2	cup brown sugar (packed)
2	eggs (unbeaten)
1 1/4	cups all purpose flour
1/2	tsp. soda
1 1/2	cups bran

Cream shortening and sugar. Add molasses and eggs, beat well. Add milk and then bran. Combine flour, soda, baking powder and salt together. Add to liquid ingredients. Add raisins (or dates) if desired. Place in greased muffin tins. Makes 1 doz. Bake 400 degrees for 18-20 minutes.

Dorothy Mitchell

BRAN MUFFINS

1/3	cup margarine or butter
1	cup flour
1	cup raisins
2/3	cup white sugar
1	tsp. baking powder
1/4	tsp. salt
1	cup Kellogs all bran

Melt about 1/3 cup butter or margarine (cream sugar and butter separately). Mix 1 egg and add 1 cup buttermilk, 1 tsp. baking soda. Mix together and add to dry ingredients. Mix well. Bake 15 minutes at 375°.

Marion Cloakey

ORANGE AND DATE MUFFINS

1	orange (cut into small pieces [remove seeds])
1/2	cup orange juice
1/2	cup dates (chopped)
1	egg
1/2	cup butter or margarine
3/4	cup white sugar
1	tsp. baking powder
1	tsp. baking soda
1 3/4	cups all purpose flour

Combine orange pieces and juice in blender. Pour into medium size bowl. Measure dry ingredients into another bowl. Mix thoroughly. Pour over top of orange mixture and stir to combine. Fill greased muffin tins 3/4 full. Bake at 400° for 20 min. Remove muffins from pan after 5 min.

(Makes 12 large or 16 medium muffins)

N.F.

BRIDGE FINGER'S

3/4	cup brown sugar
3/4	cup walnuts, cut fine
1/2	cup margarine
2	tbsp. cocoa
1	egg slightly beaten
1/2	pkg. graham wafers (crushed)
1	tsp. vanilla

Melt butter in pan. Add sugar, cocoa, egg, stir well. Bring to boiling point and simmer 1 minute. Take off heat, put in nuts and wafers. Pour in greased pan. 8 X 8 and press down. Ice when cold. Cut when cold.

Dorothy Mitchell

SCOTCH SHORTBREAD

1	cup butter
1/2	cup icing sugar
2	cups all purpose flour

Method:

Combine all ingredients in a large bowl. Work with pastry cutter and cut in butter until mealy. Mix with hands until like pie crust. Press flat in an ungreased 9" X 9" pan (about 1/2" thick). Prick with a fork through to the bottom. Bake at 300°F for 50 - 60 minutes until set and pale gold in colour. Cut in squares when cool.

Eula McAlpine

NUT BREAD

4	cups flour
4	tsp. baking powder
1	cup sugar
1	cup walnuts (broken not chopped)
1/2	cup raisins
1/2	cup dates
2	cups milk
1	egg
	cherries (cut in quarters)
1	tsp. salt

Sift together flour, salt and baking powder. Add sugar and walnuts, then add well beaten egg and milk. Beat all together, till smooth. Put into well greased or lined tins. Let rise 1/2 hour and bake in a moderate oven 30 to 45 minutes according to size of tins. Makes 2 loaves.

Betty Dance

WHOLE WHEAT APPLESAUCE MUFFINS

1 3/4	cups whole wheat flour
2	tsp. baking powder
3/4	tsp. cinnamon
1/4	tsp. ground ginger
1/4	cup honey
1	egg (beaten)
1/2	cup milk
1/3	cup oil
3/4	cup applesauce

Grease muffin tins. Combine first four ingredients. Mix in the rest of the ingredients, stirring only until dry ingredients are well moistened. Bake at 400 degrees for 20-25 minutes.

Audrie Koegler

TEA BISCUIT MIX

8	cups all purpose flour
2	cups powdered milk (undiluted)
1 1/2	tsp. salt
1/3	cup baking powder
1/4	cup white sugar
1	lb. lard (Tenderflake)

Mix together and keep in air-tight container.

Use 2 cups mix to 1/2 cup water. Knead 6-8 times. Cut into biscuit size. Bake 400° 15-20 min.

Bessie Eedy

RAISIN MUFFINS

1/4	cup butter
3/4	cup granulated sugar
1	cup raisins (little more)
1	egg
1 1/2	cups flour
1	tsp. baking soda
1/2	tsp. salt
1/2	tsp. cinnamon
1/4	Tsp. cloves
1/2	cup raisin water

Wash raisins and boil for 20 minutes in enough water to cover. Drain well and reserve 1/2 cup raisin water. Sift flour, soda, salt and spices 3 times. Cream butter, sugar and egg. Add flour alternately with raisin water and then add raisins. It should be a thin batter (end with flour). Bake at 350 degrees for 20-30 minutes. Decrease spices if you wish, they are just as good.

Eileen Smith

DATE AND NUT LOAF

1 1/2	cups pitted dates chopped
1	tsp. baking soda
1 1/4	cups boiling water
2	tsp. butter
2	cups sifted Pastry flour
2	tsps. baking powder
1	tsp. salt
1/2	cup nuts (optional)
3/4	cup brown sugar
2	tbsp. molasses
1	beaten egg
1	tsp vanilla

Combine dates, baking soda, boiling water and butter. Let stand 5 minutes stirring occasionally. Sift once, flour, baking powder and salt. Set aside, and mix in walnuts. Into date mixture stir brown sugar, molasses, beaten egg and vanilla; then add dry sifted ingredients part at a time, mixing lightly but thoroughly after each addition. Bake 1 hour at 350°.

Audrie Koegler

CHERRY NUT BREAD

1	egg
1	cup brown sugar
	butter the size of an egg
2	tsp. baking powder
1/2	tsp. salt
1	small bottle of cherries (put juice into cup and fill with sweet milk)
2	cups flour
1/2	cup walnuts

Mix and let stand 20 min. in loaf pan before putting in oven. Bake at 350 degrees for 45 min. or till done.

Muriel Nichol

CHEESE TEA BISCUITS

2	cups flour
4	tsp. baking powder
1/2	tsp. salt
3/4	cup milk
8	tbsp. grated cheese (blend with flour)

Method:

Sift together flour, baking powder and salt. Add cheese and blend. Mix thoroughly with steel fork. Add liquid slowly to make soft dough. Roll or pat out with hands on floured board to 1/2 " thick. Cut with biscuit cutter, first dipped in flour. Place on slightly greased pan and bake in hot oven (475) degrees for 10-12 minutes. Makes approximately 16 biscuits.

Joan Sagle

BLUEBERRY MUFFINS

1 3/4	cups all purpose flour
1/2	cup white sugar
3	tsp. baking powder
1	cup milk
1/2	cup melted butter
1	egg
1/2	tsp. salt
1	cup frozen blueberries

Stir together dry ingredients and add frozen blueberries. Combine egg, milk and melted butter and stir into flour mixture and blueberries. Stir to just moisten. (Do not beat!) Bake at 375 degrees for 20 minutes.

Alice White

LEMON LOAF

6	tbsp. butter
1	cup sugar
2	eggs
1	grated lemon rind
1/2	cup milk
1 1/2	cups flour
1	tsp. baking powder
1/4	tsp. salt
	a few cherries cut up

Cream butter and sugar. Add eggs and beat well. Add rind and milk. Sift dry ingredients and add to mixture. Fold in cherries. You may substitute 1/2 cup raisins for cherries. Bake in a greased loaf pan for 1 hour at 350°F. Combine 1/2 cup white sugar with 1/4 cup lemon juice and sprinkle over loaf while it is still warm.

Betty Dance

BASIC GRAIN LOAF

	First Bowl
1 1/2	cup warm water
1	tbsp. honey
3	tbsp. dry active yeast
	Second Bowl (large)
5 3/4	cup warm water
1	cup non-instant skim milk powder
1/4	cup blackstrap molasses
1 1/2	tbsp. sea salt
4	cups unbleached white wheat flour
9-10	cups whole wheat flour
1/2	cup wheat germ
1/2	cup bran
1/2	cup rolled oats
1/2	cup sesame seeds
1/2	cup flax seeds
1/4	cup safflower oil

Dissolve honey in warm water in first bowl then sprinkle yeast over water

Let this mixture rest until it foams up to double its size

Meanwhile put 1 cup warm water in blender and turn on low speed, add 1 cup milk powder and then another cup of warm water, keeping the blender on low, add salt at this point also, empty blender contents into second bowl.

Use the same procedure for the molasses and remaining 3 1/4 cup warm water

Add the molasses mixture to the second bowl also

Stir in the wheat germ, bran etc. as well as the oil

Stir in 4 cup white and 8 c. whole wheat, then let rest for 1 hour

BASIC GRAIN LOAF

Put 2 c. whole wheat on board then stir down and turn dough out onto flour, knead

Cut into 4, then knead each one

Place in oiled loaf pans

Preheat, oven to 350 while dough is rising in loaf pans, (let rise until nicely rounded above edge of pans (about 20 minutes)

Bake at 350 for 40 minutes or until nicely browned.

Dorothy Anderson

APPLE SAUCE NUT BREAD

2	tbsp. shortening
1/4	cup sugar
1	egg
1	cup apple sauce
1	tsp. cinnamon
1	tsp. salt
2	cups flour
3	tsp. baking powder
1/2	tsp. soda
1/2	cup walnuts

Cream shortening and sugar, add egg and beat well. Fold in apple sauce. Combine all dry ingredients and sift into the first mixture.

Add nuts and mix all together well. Bake in a greased loaf pan for 1 hour. Oven set at 350°F.

Betty Dance

BONANZA BREAD

Quick And Nutritious For Breakfast

If you have to rush to work or send your kids to school in the morning, you know that breakfast often gets short shift. You might grab a doughnut or a sweet roll - but they just provide more calories than nutrition. Here's a solution: A fruit-nut bread that you can bake once a month, freeze, then thaw and warm before serving. It makes a breakfast or snack that is nutritious and good-tasting. For my family's breakfast, I cut two thin slices and put them together with cream cheese. With it I serve a hot drink and a glass of fruit juice. If there's no time to sit and eat, you can take it with you. This bread is also great for lunchboxes, picnics and backpacking.

BONANZA BREAD

Bake at 325° for 1 hour.

Makes two loaves (about 40 slices), or one loaf and 18 muffins.

One serving (two 1/3-inch slices) supplies 12% of Recommended Daily Allowance (RDA) protein for an adult woman, 15% RDA protein for 7 to 10 year olds, 18% RDA protein for 4 to 6 year olds.

The bread is also a source of calcium, iron and vitamin A.

1	cup sifted all-purpose flour
1	cup whole wheat flour
1/2	tsp. salt
1/2	tsp. baking soda
2	tsp. baking powder
2/3	cup nonfat dry milk powder
1/3	cup wheat germ

1/2	cup firmly packed brown sugar
1/4	cup chopped walnuts
1/2	cup unsalted dry roast peanuts chopped
1/2	cup raisins
3	eggs
1/2	cup vegetable oil
1/2	cup molasses
3/4	cup orange juice
2	medium-size bananas, mashed (1 cup)
1/3	cup chopped dried apricots

Combine flours, salt, soda, baking powder, dry milk, wheat germ, sugar, nuts and raisins in a large bowl; blend thoroughly with pastry blender or fork.

Whirl eggs in container of electric blender until foamy. Add oil, molasses, orange juice and bananas, whirling after each addition. Add apricots; whirl just to chop coarsely.

Pour mixture into bowl with dry ingredients. Stir just until all flour is moistened. Pour into two 7 3/8 x 3 5/8 x 2 1/4-inch greased loaf pans.

Bake in a slow oven (325°) for 1 hour until center is firm when pressed lightly with fingertip. Cool slightly in pan on wire rack, then remove from pan and cool completely. When cool, wrap tightly and store overnight to mellow flavors.

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*OR bake in greased muffin pan cups in a moderate oven (350°) for 20 minutes. (Half the recipe makes 3 cups batter and 1 1/2 dozen muffins).

VARIATIONS

For a tangy orange flavour, add 1/2 small orange, including peel, to the liquid ingredients in the blender.

Use other nuts - pecans, almonds, brazil nuts, etc. - in place of walnuts. Don't substitue for peanuts, however, in order to keep the nutritional balance.

Substitute raw chopped apples, grated carrots, applesauce, fresh ground apricots, peaches, pears or even grated zucchini instead of bananas.

TIPS

To make several times the recipe, measure out all dry ingredients for each batch onto a separate square of wax paper. Use them consecutively or bag and refrigerate for future use. Mix the liquid ingredients for each recipe at time of baking then add to the dry and pour into the baking pan immediately. Bake enough for several weeks and freeze.

Shirley Dean

Small families, who can't eat a loaf of bread before it gets stale or molds, can divide it and tuck half in an old bread wrapper. Freeze the other half and waste none.

Molasses will run faster if put in the microwave 10-15 seconds.

ZUCCHINI BREAD

Place in blender:

3	eggs beat till light and fluffy

Add:

2	tsp. vanilla
1	cup oil
2	cups raw unpeeled chopped zucchini

Then slowly add:

2	cups sugar - beating in blender until zucchini is reduced to small flecks of green.

In a large bowl sift together:

1	tsp. baking soda
1	tsp. salt
1/2	tsp. baking powder
3	tsp. cinnamon
3	cups flour

(I also add 3/4 cup raisins (chopped) and 1/2 cup nuts)

Pour liquid ingredients from blender into bowl with sifted ingredients. Mix well.

Pour into 2 loaf pans 9" x 5".

Bake in 325°F oven for 1 1/4 - 1 1/2 hours.

This recipe may also be made into muffins.

Drue Percival

Substitute one teaspoon cornstarch if short one egg in a recipe.

STRAWBERRY LOAF

1	cup margarine
1 1/2	cups sugar
1	tsp. vanilla
1	tbsp. lemon juice
4	large eggs
1 1/2	cups strawberry jam
1/2	cup sour milk*
1	tsp. red food colouring
3	cups sifted cake flour
1	tsp. salt
3/4	tsp. cream of tartar
1/2	tsp. soda

Cream margarine and sugar. Add vanilla and lemon juice. Beat in eggs, then jam, sour milk and food colouring.

In another bowl blend flour, salt, cream of tartar and baking soda. Add to creamed mixture. Beat till smooth. Divide batter into 2 loaf pans. Triple lined with buttered wax paper. (I used pam spray). Bake 325° for 70 - 75 minutes give 30 minutes. Remove from pan and peel off paper.

*Sour milk measure 1 tbsp. of vinegar into cup then fill to 1/2 with milk and let stand 10 minutes before using.

Nettie Sharp

By heating lemons quickly for a few minutes in hot water there will be more juice from them.

Add 2 tbsp. vinegar when canning strawberries. This will retain the red color of the berries.

BRAN MUFFINS (MINCEMEAT)

1	cup milk
1	cup all bran
1 1/8	cup flour
1/2	tsp. salt
1/2	tsp. baking soda
1	tsp. baking powder
1	tsp. cinnamon
1/2	tsp. nutmeg

Mix together and add:

1	egg
1/2	cup sugar
1/3	cup oil
1/2	cup mincemeat

Mix together and put in greased muffin tins. Bake at 350° for 20 minutes.

Russ Doan

DELIGHTFUL ORANGE SQUARES

Base

2	cups flour
2	cups fine coconut
1	tsp. baking powder
1	tsp. salt
1	cup butter or margarine
3/4	cup white sugar

Work base ingredients until well blended, save 1 cup for topping. Press into greased 9" x 13" pan.

1/2	cup squeezed orange juice
4	tbsp. (heaping) Buds vanilla custard powder
1	cup white sugar (may be cut into 1/2 cup)
1 1/2	cups hot water
	a little lemon juice
	a little orange rind
1 1/2	tbsp. butter

Combine sugar, custard powder, orange juice, hot water, lemon juice and orange rind. Let come to boil stirring constantly. Cook 5 minutes until thick. Add 1 1/2 tbsp. butter and cool. Cover base with filling. Sprinkle reserved crumbs on top. Bake at 350 degrees for 30 minutes. Cool, cut and refrigerate.

Alice White

To tint coconut place a small amount of shredded coconut in a glass jar. Add a few drops of food colouring. Cover jar and shake until coconut is coloured.

APPLE STREUSEL MUFFINS

In a large bowl combine these ingredients.

2	cups all purpose flour
1	cup granulated sugar
1	tbsp. baking powder
1 1/4	tsp. ground cinnamon
1	tsp. salt

In a small bowl thoroughly combine these ingredients.

1	cup dairy sour cream
1/4	cup butter melted
2	eggs beaten

Add all at once to dry ingredients. Stir to just moistened.

Stir in 1 cup fine diced peeled apples. Mix well.

Divide batter evenly into greased 12 muffin cups.

Sprinkle Streusel on top and combine:

1/4	cup granulated sugar
3	tbsp. flour
1/4	tsp. cinnamon

Cut in 2 tbsp. cold butter until mixture forms course crumbs.

Bake in preheated oven 400° for 20 to 25 minutes.

Greta Maclean

DATE SQUARES

FILLING		BASE AND TOPPING	
2	cups dates	1 1/3	cups pre sifted all purpose flour
1/2	cup sugar	1/4	tsp. soda
1	cup water	1	cup brown sugar
1	lemon (juice)	1 3/4	Cups oats
		3/4	Cups butter

Combine ingredients for filling. Simmer until thick. Cool.

Preheat oven to 375°.

Lightly grease a 9 x 9" pan.

Measure flour without sifting, add soda and stir to blend.

Combine with brown sugar and oats. Work in butter with finger tips. Pat half of this mixture into pan. Spread with date filling. Then pat oat mixture on top.

Bake 375° for 45 minutes. Cut in squares when cool.

Marion Springett

Soften a block of pitted dates so it will separate into measurable portions.

Plump up overly - dry raisins by heating them for 15 seconds in a little water in the oven (no more than a teaspoon of water per cup).

NUT BREAD

1	cup sugar
1	egg
1	cup milk
1	cup walnuts chopped
1	cup dates chopped
1	cup raisins
2	cups flour
1	tsp. baking powder

Mix well. Bake in loaf pan at 350 degrees till done. (approximately 1 hour)

Yvonne Hunt

Egg whites can be frozen up to nine months. Thaw to room temperature than use as fresh.

BRAN MUFFINS

1/2	cup wheat germ
2	cups whole wheat flour
2 1/2	cups bran
1	cup non-instant skim milk powder
1/3	cup unhulled sesame seeds
1/2	cup sunflower seed pieces
1	cup raisins
3	tsp. baking powder
1	tsp. baking soda
1 1/2	tsp. sea salt

Mix dry ingredients

Add:

4	eggs beaten
2	cup water
1/2	cup safflower oil
1	cup extra fancy barbados molasses or 1/4 cup blackstrap molasses with 3/4 cup honey or ripe bananas

Bake at 350° for 15-20 minutes

Dorothy Anderson

To prepare pastry in advance roll pastry for two crust pie crust. Cut into 5" rounds. Prick with fork. Stack with wax paper between rounds. Place in plastic bag or aluminum foil and freeze.

When ready to use, heat oven to 475° (very hot). Place frozen circles on inverted Custard cups on baking sheet or on backs of muffin cups. Bake 8-10 min. During baking pastry takes shape of cups. (8 shells).

CHERRY NUT LOAF

9 x 5 x 2 inch pan. Bake at 350° about 1 hour.

Sift together:

2	cups sifted all purpose flour
1	cup white sugar
3	tsps. baking powder
1/2	tsp. salt

Stir together with fork:

2	eggs
1/4	cup maraschino cherry juice
3/4	cup milk
3	tbsp. cooking (salad) oil
1/4	tsp. almond extract

Stir this into dry ingredients. Beat hard until smooth, about 30 seconds.

Stir in:

1	cup maraschino cherries, halved
1/2	cup chopped walnuts.

Test with a toothpick.

Audrie Koegler

When making hamburgers soak three slices of white bread to one of meat in cold water. Squeeze out the water and add to meat mixture. Really makes a hamburg tender.

If short one egg in a recipe - substitute one teaspoon cornstarch. It's a perfect replacement.

MARGUERITES MUFFINS

Boil 1 cup raisins in 2 cups water to 1/2 cup water.

Cool.

1 1/2	cups whole wheat flour
3/4	cup Scant brown sugar
1	tsp. soda
1/2	tsp. salt
	nutmeg

Mix dry ingredients well.

Beat:

1	egg
1/2	cup raisin juice
1/2	cup oil
	vanilla

Mix lightly and bake at 400 degrees 10 to 15 minutes.

Marjorie Graham

Heat the remnants in the catsup bottle (remove the cap before putting in microwave) - the catsup will flow more easily.

Dry flowers by covering the blossoms with silica gel (a moisture-absorbing agent available at craft stores) and heating for 30 seconds to 3 minutes depending on the quantity and density of the flowers.

ORANGE BREAD

Wet Mixture;

Rind 2 oranges cut fine, in 1 cup water, boil 5 min. Add 1 cup sugar and boil 3 min. (until the syrup is fairly thick) add 1 heaping tbsp. of butter and while this is cooling beat an egg and to it add 1 cup of sweet milk.

Dry Mixture;

3 cups flour
3 heaping tsp. baking powder
1 tsp. salt

Add 1/2 of the dry ingredients to the milk and egg, then the syrup and then the remainder of the dry mixture.

Bake about 1 hour in a loaf pan in a moderate oven 300 - 325 degrees.

Betty Dance

Basic Milkshakes: Put two or more scoops of ice cream in a blender, add 3/4 cup (175 mL) cold milk and add flavouring. Blend until smooth and pour into large glass.

Flavours: Vanilla - add 1 tsp. (5 mL) vanilla
Chocolate - add 2 tbsp. (30 mL) chocolate syrup
Berry - add 1/3 cup (75 mL) berries, fresh or frozen
Fruit - add 1/3 cup (75 mL) fruit, fresh or canned

BANANA NUT BREAD

1/3	cup shortening
1/2	cup sugar
2	eggs
1 3/4	cups sifted enriched flour
2	tsp. baking powder
1/2	tsp. salt
1/2	tsp. soda
1	cup mashed ripe banana
1/2	cup chopped walnuts

Cream shortening and sugar. Add eggs and beat well. Sift together dry ingredients. Add to the creamed mixture alternately with bananas, beating well after each addition. Stir in walnuts. Pour into well greased 8 1/2 X 4 1/2 X 2 1/2 loaf pan. Bake in moderate oven about 350 degrees for 1 hour or until done. Remove from loaf pan and cool on rack. Wrap and store for at least one day.

Nettie Sharp

An 8-inch square baking pan holds about the same amount of batter as a 9-inch round pan of approximately the same depth; therefore, baking time will be about the same too. A 9-inch square and a 10-inch round pan work the same way.

Use a pitcher to pour batter into cupcake pans. It's faster and neater then using a spoon.

To make quiche with less calories spray pie pan with oil and omit crust.

PUMPKIN LOAF

7 1/2	tbsp. (scant 1/2 cup) shortening
1 3/4	cups sugar
3	medium sized eggs
1 3/4	cups (14 oz.) pumpkin
2 1/3	cups sifted all purpose flour
1	tsp. baking powder
1 1/4	tsp. baking soda
3/4	tsp. cinnamon
1/2	tsp. ginger
1	tsp. salt
1	cup chopped dates
	chopped walnuts for topping (optional)

In large bowl cream shortening and sugar together well. Then beat in eggs thoroughly. Stir in pumpkin. Sift together flour, soda, spices and salt and stir in until just blended. Barely fold in chopped dates. (this batter must not be over stirred, same as muffins). Turn into two paper-lined and buttered loaf tins. If desired sprinkle with chopped nuts. Bake at 350 degrees for 1 hour to 1 1/4 hours as required. Cool 5 min. in pans then lift out to cake racks. Freezes well.

Wilma Shepherd

Bacon will be a golden brown colour if a few grains of sugar are sprinkled over it while it is frying.

For a higher meringue add a pinch of baking powder to warm egg whites before beating.

BANANA BREAD

3/4	cup soft butter or margarine
1 1/2	cups light brown sugar
3	eggs
2	cups whole or flaked bran
3	cups mashed bananas
1/4	cup fresh orange juice
3	cups all purpose flour
4	tsp. baking powder
1	tsp. salt
1	tsp. baking soda
1 1/2	cups chopped walnuts or raisins
1	small jar of marachino cherries halved

Cream butter or margarine with sugar and egg until light and fluffy. Stir in bran. Mix banana with fruit juice.

Sift together flour, baking powder, salt and soda. Add to cream mixture alternately with banana mixture beating by hand at each addition.

Fold in walnuts or raisins, add cherries and pour into 3 greased and floured medium sized loaf pans.

Bake at 350° oven for 1 hour.

Jackie Shea

Place aluminum foil under napkins in your roll basket and the rolls will stay hot longer.

Change your favourite apple pie pastry recipe by adding lemon juice as part of the water and the grated lemon peel to the dry ingredients. This steps up the flavour, making a tastier pie.

CRANBERRY LOAF

2	cups flour
3/4	cups white sugar
2	tsp. baking powder
1	tsp. salt
1/2	tsp. baking soda
1/4	cup shortening
2	eggs (beaten)
3/4	cup orange juice
1	cup chopped cranberries (use blender)
1/2	cup green cherries (chopped)

Combine flour, sugar baking powder, salt and baking soda. Cut in shortening until mixture resembles course meal. Combine beaten eggs, juice, rind and pour all at once into dry ingredients, mixing just until dampened. Dust chopped berries with flour and fold into batter. Pour into greased loaf pan. Bake in 350 degree oven for 60 minutes or until tooth pick comes out clean.

Mary Wraight

DATE AND NUT LOAF

1 1/2	cups pitted dates chopped
1	tsp. baking soda
1 1/4	cups boiling water
2	tsp. butter

Combine these four ingredients, let stand 5 minutes, stirring occasionally.

Sift together:

2	cups sifted pastry flour
2	tsp. baking powder
1	tsp. salt

Set aside, adding:

1/2	cup broken walnuts (if desired)

Into date mixture stir:

3/4	cup brown sugar
2	tbsp. molasses
1	beaten egg
1	tsp. vanilla

Then add sifted dry ingredients part at a time, mixing lightly but thoroughly after each addition. Bake 1 hour at 350° in a greased loaf pan.

Audrie Koegler

Cooking any green vegetable add a pinch of soda. Makes them nice and green.

Substitute slightly sweetened sour cream for whipped cream for use as a dessert to salad topping. (Less calories)

HOT TUNA BUNS

1/2	cup cheez whiz
1/2	cup mayonnaise
1	tin tuna fish
1	tbsp. green pepper (chopped fine)
1	tbsp. pickle relish
3	hard boiled eggs (chopped)
1	tbsp. onion

Mix all ingredients well, put inside hamburger rolls, wrap rolls 4 to a package in foil heat in 300° oven about 40 minutes.
Serve hot.

Excellent made ahead of time and kept in fridge. Ideal for lunches.

M. Clarke

QUICK BANANA BREAD

1/3	cup shortening
2/3	cup sugar
2	eggs slightly beaten
1	cup mashed bananas
1	cup mixed fruit (packed)
1/4	cup raisins
1 3/4	cups sifted all purpose flour
2 3/4	tsp. baking powder
1/2	tsp. salt

Cream shortening and sugar. Add eggs and bananas and beat well. Add fruit. Combine dry ingredients and add to first mixture. Stir lightly. Bake in a greased loaf pan for 1 hour at 350°.

Betty Dance

Cakes and Pastry

CAKES AND PASTRIES
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SPICE CHIFFON CAKE

Measure and sift to-gether:

2	cups cake flour
3	tsp. baking powder
2	tsp. cinnamon
2	tsp. nutmeg
1 1/2	cups granulated sugar
1	tsp. salt
1/2	tsp. allspice
1/2	tsp. cloves

Make a well and add in order

1/2	cup salad oil
6	egg yolks
12	tablespoons cold water

Beat until smooth and satiny. Now in large bowl beat

1 1/2	cups egg whites and
3/4	tsp. cream of tartar

Beat egg whites and cream of tartar until very stiff. A spatula drawn through egg whites should leave a clean path (indicates when beaten enough).

Pour first mixture gradually over egg whites and fold in until blended thoroughly (do not stir these two mixtures; it must be folded in with spatula).

If you wish to add 2/3 cup finely chopped walnuts fold these in at the last. These nuts must be very fine or they will sink to the bottom.

Pour into 10 inch ungreased tube pan and bake at 325° for approximately 55 minutes when removed from oven invert on large gingerale bottle until completely cold (about 2 hours).

Eileen Quinn

SOUR CREAM COFFEE CAKE

1/2	cup butter
1	cup white sugar
2	eggs
	(cream)
	Add:
1	cup sour cream
1	tsp. soda (stirred into sour cream)
2	cups flour
2	tsp. baking powder
1	tsp. vanilla
	Beat until well blended.
	Topping:
1/4	cup white sugar
1/4	cup brown sugar
1	tsp. cinnamon
	(Mixed together well)

Put half of dough in 9 x 9 greased and floured pan. Sprinkle on half of topping, then spread rest of dough on top and then remaining half of topping.

Bake at 350^{o} for 40 minutes.

Audrie Koegler

CHRISTMAS CAKE

1	lb. butter
1	lb. sugar (1/2 lb. brown - 1/2 lb. white)
1	doz. med. eggs
1	pkg. frozen strawberries
3/4	cup brandy
3/4	cup pineapple juice
4	cups flour
2	tsp. cinnamon
1	tsp. cloves
1	tsp. all spice
1	tsp. nutmeg
2	tsp. baking powder
1	tsp. soda
1/2	tsp. salt
2	lb. dark raisins
2	lb. dates cut up
3	lb. glazed cherries (red and green)
2	lb. deluxe fruit cake mix
1	lb. glazed pineapple (cut up small)

Method:

Cut dates and soak in brandy and pineapple juice overnight. Cream butter and sugar. Add unbeaten egg one at a time. Add thawed strawberries. Add date and brandy mixture.

Add all dry ingredients which have been sifted together. Use some of the flour mixture to flour all the fruit. Add all the floured fruit to the batter mixture. Mix well.

Put in pans which have been lined with brown paper and buttered.

Steam on top of stove for two hours.

(Put in canner or what have you)

Then bake until golden brown at 325 degrees.

Helen Parnell

STREUSEL CAKE

3	cups flour
3	tsp. baking powder
1	cup shortening
1	cup sugar
2	eggs
1	cup milk
1	tsp. vanilla.

Mix well. Then Make.

Streusel Mixture

1/2	cup brown sugar
2	tbsp. flour
2	tsp. cinnamon
2	tbsp. butter or margarine
1/2	cup chopped walnuts

Mix till crumbly.

Put 1/2 cake mixture in a pan. Sprinkle with 1/2 the streusel mixture. Add remaining batter. Top with remaining streusel mixture.

Bake at 350^{o} for about 1 hour or until done.

Shirley Dean

These recipes I have made over and over again, they are very good. Some are my own, some are my Gramma's.

SPUMONI CAKE

1	8 1/2 oz. pkg. white or yellow cake mix
4	eggs
3/4	cup vegetable oil
1	8 oz. container dairy sour cream
1	small pkg. vanilla pudding

Mix above together well.

Divide butter into 3 bowls.

Bowl 1- Add:

1/3	cup chopped walnuts or pecans
5 - 6	drops green food colouring
1/2	tsp. almond extract

Bowl 2- Add:

1	4 oz. jar marachino cherries (cut-up)
5 - 6	drops red food colouring

Bowl 3- Add:

2	squares unsweetened chocolate (melted)

Grease well one large tube or bundt cakepan. Pour in green batter, then the red batter and over this the chocolate batter (do not swirl).

Bake at 350° for 50 - 60 minutes. To cool put pan upside down, on platter. When cool drizzle with chocolate icing.

Audrie Koeglar

LEMON SQUARES

CRUST:

1	cup flour
1/4	cup confectioners sugar
1/2	cup butter

TOPPING:

2	eggs
3/4	cup white sugar
3	tbsp. lemon juice
2	tbsp. flour
1/2	tsp. baking powder

Confectioners sugar

TO MAKE CRUST: - Stir together flour and sugar. Cut in butter until mixture is crumbly. Pat into 8" square pan. Bake at 350° for 10 minutes.

TO MAKE TOPPING: - Beat eggs with mixer. Beat in sugar and lemon juice, continue to beat till smooth and thick. Stir together flour and baking powder. Stir flour mixture into egg mixture till blended. Pour over crust. Bake at 350° for 20-25 minutes. Sift confectioners sugar on top.

Marion Springett

CARROT CAKE

1	cup cooking oil
2	cups sugar
3	eggs
2	cups carrot (grated)
1	cup crushed pineapple (drained)
2 1/2	cups flour
1	tsp. soda
1	tsp. cinnamon
1/2	tsp. salt
1	tsp. vanilla

Use 9 x 13 pan and bake in oven at 350 for 45 min.

Cream oil, sugar, and eggs well. Add pineapple and carrots and beat well. Sift flour, soda, salt, and cinnamon together. Add to creamed mixture. Add vanilla and beat well.

ICING FOR CARROT CAKE

1	4 oz. cream cheese
4	tbsp. margarine
2	tsp. vanilla
1 1/2	cup coconut
1/2	cup chopped nuts.

Soften cheese, blend cheese margarine and sugar, then add other ingredients.

Marion Springett

MARSHMALLOW SQUARES

Base:

3/4	cup butter
1/3	cup brown sugar
1 1/2	cups sifted all purpose flour

Mix well and when mixture forms ball of dough, press into 9 X 13 pan. Prick surface with fork and bake at 325° for 30 minutes until lightly browned, then cool.

Topping:

2	tbsp. knox unflavoured gelatin
1/2	cup cold water
2	cups white sugar
1/2	cup hot water
1/2	cup chopped cherries
1/2	cup almonds (slivered small)
1/4	tsp. almond flavouring
	red food colouring

Method:

Sprinkle gelatin over cold water to soften. Boil sugar and water 2 minutes (boiling hard). Add gelatin, remove from heat and beat until very stiff. Do not be afraid of over beating. Fold in cherries, nuts, flavouring and food colouring. Spoon mixture over baked base. Allow to cool for several hours, until gloss disappears. Cut in squares with a sharp knife. makes 6 doz. squares. These will freeze well.

I usually half this mixture and make half green and half pink even when they meet in the center some squares are half and half which is quite interesting.

Mary Telfer

CHERRY COFFEE CAKE

Enjoy this warm or cold

1 1/4	cups sifted all purpose flour
1/2	cup granulated sugar
1 1/2	tsp. baking powder
1/4	tsp. salt
4	tbsp. butter or margarine
1	slightly beaten egg
3	tbsp. milk
1	tsp. vanilla
1	21 oz. can cherry pie filling
1/2	cup sifted all purpose flour
1/4	cup brown sugar
1/2	tsp. ground cinnamon
4	tbsp. butter or margarine

Sift together the 1 1/4 cups flour, the granulated sugar, baking powder and salt. Cut in the first 4 tbsp. butter or margarine, till the mixture resembles coarse crumbs. Combine egg, milk and vanilla; add to dry ingredients and mix well. Spread in greased pan 11 x 7 x 1 1/2. Spoon cherry pie filling over top. Combine the remaining flour, the brown sugar and cinnamon. Cut in the remaining butter or margarine till mixture resembles coarse crumbs. Sprinkle over pie filling.

Bake in 350° oven for 45 - 50 minutes.

Betty Dance

UNBAKED COOKIES

2	cups brown sugar
1/2	cup butter
1/2	cup carnation milk
3	cups oatmeal
6	tbsp. cocoa
1	cup coconut
1	tsp. vanilla
	pinch of salt

In a saucepan combine brown sugar, butter and carnation milk. Bring to a rolling boil. Then add oatmeal, cocoa, coconut, vanilla and salt. Mix thoroughly. Then using a teaspoon drop them onto a piece of wax paper. Let set.

Dorothy Mitchell

CHOCOLATE ROLLS

Melt 4 squares of semi sweet chocolate. Remove from stove and add:

1	tbsp. butter
1/2	cup walnuts (chopped)
1	beaten egg
1	cup miniature marshmallows
1	cup icing sugar

Mix well

Sprinkle coconut on waxed paper, spoon half of mixture onto this and make into a roll. Then do the same with the other half. You can use crushed nuts instead of coconut as desired.

Dorothy Mitchell

BUTTER PECAN SHORTBREAD

1	cup butter
1/2	cup brown sugar (liberal)
2	cups all purpose flour
1/2	cup chopped pecans

Cream butter, gradually put in sugar. Beat until light and fluffy. Gradually mix in flour, stir in nuts. Press evenly into pan, prick with fork. Cool slightly, cut into oblong squares, about 40 bars.

Use 9" pan. Cook 300 degrees 35 - 40 minutes.

Marjorie Graham

ROLLED OAT COOKIES

2 1/2	cups sifted pastry flour
3/4	tsp. salt
1 1/4	cups shortening (I use Crisco)

Blend in

1 1/2	cups brown sugar

Dissolve

1	tsp. baking soda in 1/4 cup boiling water. Stir into creamed mixture.
1	tsp. vanilla
2	cups rolled oats (chill)

Roll dough 1/8". Heat oven at 350 degrees.

Marjorie Graham

GUM DROP CAKE

1/2	cup butter
1	cup white sugar
2	eggs
2	cups flour
1/2	tsp. salt
1	tsp. baking powder
1	cup gum drops
1	cup white raisins

Cream sugar and butter. Beat in eggs one at a time. Beat well and add dry ingredients. Add gum drops and raisins. Bake in funnel pan at 350° for 35-40 mins. Let cake ripen a week before using.

Marjorie Graham

SWEDISH TEA RINGS

(Thimble Cookies)

1/2	cup butter
1/4	cup brown sugar
1	egg
1	cup flour

Cream butter and brown sugar. Beat 1 egg yolk lightly and add to above. Add 1 cup flour and blend thoroughly. (Sometimes necessary to add a little more flour).

Shape into small balls and dip into lightly beaten egg white. Roll in finely chopped walnuts. Press with thumb in centre. Place in oven (325°) for five minutes then make impression again. Leave in oven for 15 minutes. Fill with jam while still warm.

Sadie Gourlay

MOM'S CHOCOLATE CAKE

Cream together

1	cup white sugar
3	tbsp. butter

Add

2	eggs
1	tsp. vanilla

Mix well.

Sift

1	tsp. salt
1 1/2	tsp. baking powder
1 3/4	cups flour
3	heaping tbsp. cocoa

Add

1 cup milk (to creamed mixture alternately with dry ingredients).

Pour into greased layer cake tins and bake in moderate oven 350 degrees for 30 - 35 minutes.

Betty Dance

SOUR CREAM CAKE

1	cup sour cream
1	tsp. salt
1	cup sugar
2	cup flour
2	tbsp. melted butter
1/4	tsp. nutmeg
1	tsp. soda
1/2	tsp. cinnamon

Blend sugar and butter, add cream to which the soda has been beaten. Add flour, salt and spices. Bake at 350° - 20-30 min.

Dorothy Mitchell

RUM BALLS

12	oz. semi sweet melted chocolate
1/2	cup almond paste
1	cup sour cream
pinch	salt
8	cups vanilla wafers (crushed)
3	cups icing sugar
1 1/2	cups melted butter
2/3	cup cocoa
1 1/2	cups white rum
2	cups pecans chopped
	chocolate trimits

Combine chocolate, sour cream, salt, almond paste and mix well.

Mix rest of ingredients except trimits. Knead well & refrigerate over night. Make 2 oz. balls in hand and roll in trimits. Put on wax paper on cookie sheet, then refrigerate.

Muriel McDougall

SCOTTISH SHORTBREAD

1	lb. butter (softened)
1	cup sugar
4	cups flour (all purpose)

Cream butter & sugar. Gradually add flour to form soft dough.

Roll out and cut. Sprinkle with colored sugar if desired.

Bake on ungreased cookie sheet @ 350° for 2-4 min. Take out before top browns.

Edna Laraway

PINEAPPLE CHERRY CAKE

1	cup butter
2	eggs
3 3/8	cups flour (sifted)
1	cup white sugar
1/2	tsp. salt
2	tsp. baking powder
1 1/2	pound candied cherries
1/4	pound citron peel or mixed peel
2 1/2	cups or 1 NO. #2 tin crushed pineapple

(Drain pineapple well and add last).

Cream butter and sugar together, add eggs.

Sift flour, salt and baking powder together. Add to creamed mixture. Add fruit, then pineapple, bake in heavy greased tin at 300° for 2 hours.

(1 tsp. almond flavour may be added).
(This makes bottom of XMAS Cake tin).

Marion Springett

SHORTBREAD

1/2	cup corn starch
1/2	cup icing sugar
1	cup all purpose flour
1	cup butter

Mix and knead slightly. Roll and place in ungreased pan. Bake at 300° for 15 to 20 minutes. If soft put in fridge for 1/2 hour.

Muriel Nichol

MOM'S WAR ROAD CAKE

1	cup chopped dates
1	cup brown sugar
1/4	cup sour milk
1	small teaspoon soda in a little hot water
Pinch	nutmeg and Cinnamon
1	cup chopped walnuts
1	cup butter
2	eggs
1 1/4	cups flour (scant)

Put all ingredients in a bowl. Stir well together. DO NOT BEAT ANYTHING SEPARATELY.

Put in a lined or greased sides and lined bottom of loaf pan. Cook at 350°F for 45-60 minutes.

CAKE KEEPS WELL

Betty Dance

CAROB FUDGE BALLS

1	cup crunchy peanut butter
1	cup honey
1/2-3/4	cup carob powder
1/2	cup raisins
1/2	cup sesame seeds (toasted)
	fine coconut
1/2	cup sunflower seed pieces

Melt peanut butter and honey in heavy pan. Do not cook but blend thoroughly. Add carob powder and mix well. Add raisins and seeds. Form into balls, then roll in coconut.

COCONUT FRUIT COOKIES

1/2	cup margarine
1/2	cup butter
1/2	cup white sugar
1/2	cup brown sugar
1	egg
1	tsp. vanilla
1	cup flour
1/4	tsp. soda
1/2	tsp. salt
2	cups oats
1/2	cup green cherries
1/2	cup red cherries
1	cup coconut

Cream fats and sugar till fluffy.

Add vanilla and beaten egg. Add oats, and fruit to sifted dry ingredients and blend into mixture.

Drop by teaspoon onto greased cookie sheet. Bake at 325° for 12-15 minutes.

Marion Springett

GREAT COOKIES

1	cup butter
1 1/2	cups brown sugar
2	eggs
1	tsp. vanilla
1	tsp. almond extract
1 3/4	cups flour
2	cups oatmeal
1	tsp. baking powder
1/2	tsp. soda
Speck of salt	
1/2	tsp. nutmeg
1	cup coconut (shredded)
1/2	tsp. cloves
3/4	cup walnuts (chopped)

Combine shortening, sugar and eggs, beat well, stir in extracts. Mix flour, baking powder, soda, salt, nutmeg and cloves together and blend into creamed mixture.

Stir in coconut, walnuts, and rolled oats. Drop from teaspoon onto greased cookie sheet. Flatten with juice glass dipped in granulated sugar. Bake until brown at 350°. They will be soft when taken from oven but will crisp as they cool.

Marion Springett

KRAZY KAKE

1/2	cup Kellog's All Bran
1	cup cold strong black coffee
1/4	cup vegetable oil
1	tbsp. vinegar
1	tsp. vanilla
1 1/4	cups sifted all purpose flour
1	cup white sugar
1/4	cup cocoa
1	tsp. baking soda
1/2	tsp. salt
1	tsp. cinnamon

Combine All Bran and coffee in ungreased 8 x 8 x 2 loaf pan. Let stand until moisture is absorbed. Stir in vegetable oil, vinegar and vanilla.

Sift together dry ingredients. Add to bran mixture stirring until smooth.

Bake at 350 degrees for 35 minutes. Cool and frost.

Nettie Sharp

CHOCOLATE SQUARES

1 1/2	cups brown sugar
1/2	cup butter or margarine (melted)
2	eggs (unbeaten)
1/2	cup walnuts
1/2	cup cocoa (scant)
1	cup flour

Mix in order given. Pour into greased 8x8" pan. Bake 25-30 minutes in 300 degree oven.

Marjorie Graham

CARROT NUT CAKE

1 1/4	cups salad oil
2	cups sugar
2	cups sifted flour
2	tsp. baking powder
1	tsp. soda
1	tsp. salt
2	tsp. cinnamon
4	eggs
3	cups grated carrot
1	cup finely chopped nuts

Combine oil and sugar and mix. Sift dry ingredients. Sift half into sugar mixture and blend. Sift in remaining dry ingredients alternately with eggs, one at a time. Mix well, add carrots and mix, then add nuts. Pour into lightly oiled 10" pan bake 1 hour and 10 minutes at 350°.

P.S. I use one 9 X 13 plus one small loaf pan. This makes a large cake.

Nettie Sharp

GOOD AND EASY SHORTBREAD

1/2	lb. butter or margarine
1/2	cup sugar
2	cups all purpose flour

Cream butter & sugar, add flour mix well. Pack into greased 11 X 17 inch pan press until spread. Bake in 300°F oven until firm and brown, about 1 hour. Cut into sections as desired and sprinkle with sugar immediately.

Peggy Speiran

DATE BALLS

1	tbsp. butter
2	eggs
1/2	lb. dates
1	cup white sugar

Put in frying pan and cook over low heat 15 minutes. Add vanilla and salt to taste. Add 3 cups corn flakes or rice krispies. Roll in small balls then roll in crushed nuts or coconut. Do not bake.

Dorothy Mitchell

CHOCOLATE CHIP COOKIES

1	cup flour
1/2	tsp. salt
1/2	tsp. soda
1/2	cup butter or margarine
1/2	cup brown sugar
1	egg
1/2	tsp. vanilla
1/2	cup chocolate chips
1/2	cup chopped walnuts

Stir flour, salt, and soda together.

Mix 2 tbsp. of the dry ingredients with the chocolate chips and nuts.

Cream butter, add sugar gradually beating till creamy. Beat in egg and vanilla. Add dry ingredients, mixing well. Fold in the chips and nuts. Drop by teaspoon onto greased cookie sheet.

Bake at 375° for 8-10 minutes. Makes 3 1/2 dozen.

Marion Springett

UNBAKED COOKIES

4	tbsp. sugar
1/2	cups butter
2	tbsp. cocoa
1	egg
1	dozen arrowroots rolled fine

Cook until thick in double boiler. Add 1/2 cup nuts. Mix together, put in pan and set in fridge. Ice with chocolate icing.

Dorothy Mitchell

LAZY DAISY CAKE

2	eggs (beaten until light)
1	cup sugar (add slowly and continue beating)
1/2	cup milk, heated to boiling point with 1 tsp. of butter
1	cup flour
1/4	tsp. salt
1	tsp. baking powder
1/2	tsp. vanilla

Mix together and then put in 8 X 8 pan and bake at 375 degrees for 30 minutes. When done and still hot put on the following topping.

6	tbsp. butter
8	tbsp. brown sugar
4	tbsp. cream
1	cup coconut

Mix together, boil for 3 min. Spread on hot cake.

Place under broiler till brown.

Yvonne Hunt

RICE KRISPIE SQUARES

2	toffee bars
1	tbsp. cream
1	tbsp. butter

Melt toffee bars, cream and butter in double boiler. Then add 2 c. rice krispies. Mix. Put into buttered pan and cut into squares.

Dorothy Mitchell

SPECIAL BUTTER TARTS

Pastry

2	cups all purpose flour
1	cup shortening
1/2	tsp. salt
3-4	tbsp. water

Cut shortening into flour and salt until size of rice. Add water to make dough which rolls easily. Roll quite thin. Cut in circle and put in tart tins. Into each shell put a teaspoon of raspberry or strawberry jam. Then top jam with following mixture.

1/3	cup butter or margarine
1	cup brown sugar
2	tbsp. milk
3/4	cup raisins (soaked in hot water and drained well)
1	egg (beaten)
1	Tsp. vanilla
1	cup fine coconut
1/2	cup chopped nuts

Bake at 350° for 15 - 20 minutes.

Audrie Koegler

SHORT BREAD

1/2	cup icing sugar
1	cup butter
2	cup flour

Mix well till fluffy. Bake very slowly at 325° for 30 minutes.

Mabelle Risdon

CHERRY BARS

Base:

1 1/2	cups velvet cake and pastry flour
1/4	cup sifted icing sugar
1/2	cup butter (softened)

Spoon or pour flour into measuring cup. Level off and pour into bowl. Add icing sugar - stir well to blend. Rub or cut in butter until mixture is mealy. Press mixture in ungreased 9" square pan. Bake at 350 deg. for 8 min. Remove from oven.

Topping:

2	eggs
1	cup brown sugar, lightly packed
1	cup coconut
1	cup cut-up red candied cherries
1/2	tsp. almond flavouring

Beat eggs well then add brown sugar and beat until mixed. Stir in coconut, cherries and almond flavouring. Spread mixture evenly over partially baked base. Bake at 350 deg. for about 30 min. or until golden. When cool cut into bars.

Jean Schou

DATE SQUARES

1 3/4	cups oatmeal (fine)
1 1/2	cups pastry flour
1	cup brown sugar
1	tsp. baking soda
3/4	tsp. salt
3/4	cup butter

Method: Mix oatmeal, flour, sugar, soda and salt until thoroughly blended, add softened butter and mix again until mixture becomes granular (like crumbs). Mix either with your hands or use a pastry blender. Spread half the crumbs on the bottom of a greased (9" x 9") pan and add date sauce. Then add the remaining crumbs and press lightly. Bake in a pre-heated oven at 350 degrees for about 25 minutes. Cool then cut into squares.

Date Sauce

Cut dates in pieces and put in saucepan. Cover with water. Cook, stirring often to keep from sticking. When thick remove from heat, and cool before spreading on crumbs. Do not add sugar to dates as they are sweet enough.

Eula McAlpine

GRAHAM WAFER SQUARES

2	eggs (slightly beaten)
1	cup white sugar
1/4	cup butter
4	tbsp. coconut
1/4	tsp. salt
1	tsp. vanilla
2	cups miniature marshmallows
2	cups graham crumbs
1/2	cup crushed walnuts

Mix together eggs, sugar, butter, coconut, salt and vanilla in double boiler. Cook 10 mins., then cool. Mix in remaining ingredients and press into 8x8 pan. Ice with almond icing.

Dorothy Mitchell

MY BOILED RAISIN CAKE

Boil:

1 1/2 cups raisins

Put enough water in to have 1 cup liquid left. Boil for 15 minutes. Put liquid in cup.

Add to raisins:

1/2 cup marg.
1 cup brown sugar
2 eggs
1 tsp. nutmeg

Add:

1 tsp. baking soda

in to the raisin water. Mix well then add:

2 1/2 cups flour
1 tsp. baking powder

Pour into greased and floured shallow or loaf pan. Bake at 350° - 375° until cake tests done.

It makes a big cake, and on this, I put a lemon icing. Just add lemon juice to your icing sugar and,

1 tsp. butter.

Shirley Dean

BODY BUILDERS

1/2	cup margarine
1/2	cup sugar
1	cup all purpose flour
1/4	tsp. baking soda
2	cups cereal bran flakes
1 1/2	cups shredded cheddar (Medium) cheese
3/4	cup raisins
1/2	cup nuts

Cream Margarine and sugar until light and fluffy. Blend in egg add flour and soda to cream mixture. Mix well. Stir in cheese, bran flakes, nuts and raisins. Drop rounds 1 tbsp. of dough onto greased pan. Bake at 350° for 11 - 13 minutes until light brown.

Bessie Eedy

SWEDISH RYE CRISPS

2	cups sour milk
1/2	cup corn oil (or your choice)
1/2	cup honey
6	cup rye flour
2	tbsp. wheat germ
1	tsp. salt

Mix sour milk, oil and honey. Then add flour, wheat germ and salt. Knead this stiff dough well. Roll out thinly on floured board and cut into squares or triangles. Place on cookie sheet and bake at 400° for about 12 minutes.

Dorothy Anderson

CAKE AND ICING (My Gramma's Recipe) Delicious

3/4	cup shortening
1 1/2	tsp. brown sugar
2	egg yolks
1	cup sugar
1 1/4	cups sour milk, mixed with
1	tsp. baking soda

Add:

1	tsp. cloves
1	tsp. cinnamon
1	tsp. baking powder
1	tsp. salt
1	tsp. vanilla
2 1/3	cups flour

Icing:

2	egg whites
3/4	cup brown sugar
1	tsp. vanilla

Beat egg whites till almost stiff, then add brown sugar and vanilla.

Put on uncooked cakes. Then in oven at 350°. Bake till nice and brown, it takes about 3/4 of an hour.

Shirley Dean

If a bit of egg yolk gets into the whites while separating eggs, scoop out the yolk with half the egg shell. The shell acts as a magnet.

To measure half an egg, first beat the whole egg lightly, then measure two tablespoons. That's all there is to it!!

PEANUT BUTTER COOKIES

1	cup white sugar
1	cup brown sugar
1	Cup shortening (Butter or margarine)
2	eggs
1	cup peanut butter
1	tsp. soda
3	cups flour

Add white sugar and brown sugar and mix with shortening. Add eggs and peanut butter. Combine soda & flour then blend in first mixture.

Pinch off in small balls and press with a fork.

Bake 400° - 7-8 min. on ungreased cookie sheet.

Marion Springett

ORANGE FRUIT CAKE

1/2	cup soft butter
1	cup white sugar
1	egg
1	cup milk
2	cups pastry or cake flour
1	tsp. soda
1/2	tsp. baking powder
1	cup broken walnuts
1/2	cup Raisins
1	orange (grated rind) and (juice)
1/2	cup white sugar

Cream butter and sugar until light. Add egg and beat until fluffy. Sift flour, soda and baking powder together and beat into creamed mixture alternately with the milk. Stir in walnuts, raisins and orange rind. Pour into a greased tube pan and bake in a pre-heated 350° oven, for about 40 mins.

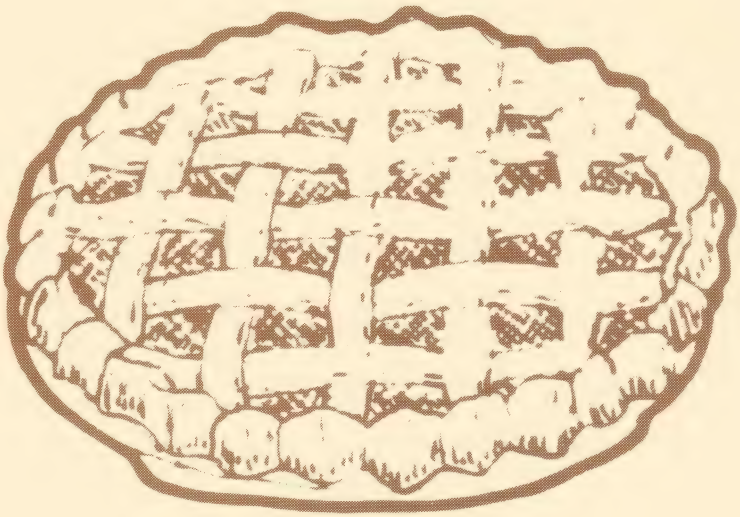
When cake is done, remove from oven and spoon on the orange juice and sugar which has been mixed well, and sugar dissolved. Remove from cake tin when cooled.

To have sparkling windows, make your own solution, by mixing one quart water, 1/2 cup ammonia and, 1/3 cup vinegar.

To keep cream from running down outside of pitcher, rub a bit of butter on the underside of spout.

Brush white vinegar on a line when you drop a hemline.

Pies



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IDIOT PIE

1/4	cup lemon juice
1	can eagle brand milk
1	9 oz. crushed pineapple (drained well)
1	large container of cool whip
1	cup pecans

Mix all together and pat in a baked Pie shell or Graham Wafer crust. Makes 2 pies or 7 X 13 pan.

Freezes well.

Muriel Nichol

BUTTER TARTS

1	cup brown sugar
1/2	cup corn syrup
1/8	tsp. Salt
2	eggs
	lump of butter size of walnut
1	tsp. vanilla
	raisins (hand full)
	nuts optional

In small pot melt butter. Add sugar, corn syrup and salt. Beat eggs and add to first mixture. Add vanilla and raisins, and heat together about half a minute. Add a few nuts if desired. Fill pastry shells 2/3 full. Bake at 400° for 18-20 minutes.

Muriel Nichol

RHUBARB CUSTARD PIE

2	cups diced rhubarb
1/2	cup water
1	cup milk
2	tbsp. flour
3/4	cup sugar
1/2	cup sugar
2	egg yolks (beaten)
1	tbsp. lemon juice

Cook rhubarb with 3/4 cup sugar and water, cool. Add eggs, milk, flour, lemon juice, salt and the 1/2 cup sugar. Cook in unbaked shell. Bake at 375° for about 45 minutes.

Cover with meringue using the 2 egg whites.

Margaret Claxton

LIGHT FRUITY STRAWBERRY PIE

2	envelopes Dream Whip
2/3	cup boiling water
1	cup diced fresh strawberries
1	strawberry Jello (65G)
2	cups of ice cubes
1	baked 9" graham shell

Prepare topping mix as directed. Dissolve jello in boiling water. Add ice cubes and stir constantly until jello starts to thicken, about 2-3 minutes. Remove any unmelted ice cubes. Add prepared topping mix to jello and beat with mixer until well blended. Fold in fruit. Spoon into crust. Chill 3 hrs. Garnish if desired.

Dorothy Mitchell

PEACH PIE

Pastry for one crust 9" pie.

8-10	peaches, blanched, peeled and halved
1	cup sugar
1	cup thick (or sour) cream
2	eggs (or 1/2 cup flour)

Place halves upside down, tightly together in circles in pie shell. Beat eggs, add sugar and sour cream. (If using flour mix with sugar, then stir in cream). Pour mixture over peaches. Bake at 425° for 15 minutes, bake at 350° for about 35 minutes.

Audrie Koegler

SOUTHERN PECAN PIE

3	eggs
2/3	cup sugar
1	cup dark corn syrup
1/3	cup melted butter or margarine
1	cup pecan halves
1	9 inch unbaked pastry shell

- OVEN 350° -

Beat eggs thoroughly with sugar, dash of salt, corn syrup and melted butter then add pecans. Pour into unbaked pastry shell. Bake in moderate oven, 50 minutes or till knife inserted halfway between outside and center of filling comes out clean

- COOL -

Marion Springett

DELICIOUS RAISIN PIE FILLING

Beat

3	egg yolks

Add

1 1/2	cup sour cream
3/4	cup brown sugar
1/2	cup white sugar
	pinch salt
1 1/2	cups raisins (washed in hot water)

Cook until thickened.

Add

1/2	tsp. baking soda

Remove from heat.

Add

1	tsp. vanilla and pour into baked pie shell.

Cover with meringue made from:

3	egg whites
1/4	cup white sugar.

Bake until golden.

GOOD!!!

Audrie Koegler

COCONUT CUSTARD PIE

3	eggs (slightly beaten)
1/2	cup sugar
1/8	tsp. salt
3	cups scalded milk
1	cup coconut

Line pie plate with pastry. Combine eggs, salt, sugar. Beat till well mixed. Add milk gradually, then add coconut. Mix thoroughly. Pour in pie shell. Bake in 400 degrees for 15 minutes. Lower to 350 degrees for 30 minutes more. Use a 9" pan.

Dorothy Mitchell

CHERRY PIE

2	cups red cherries (pitted)
1	cup cherry juice
1	cup sugar
1/4	tsp. salt
3	tbsp. flour
1/4	tsp. red colouring
1/8	tsp. almond flavouring
1	tbsp. butter

Mix in sauce pan, sugar, salt and flour. Add cherry juice, red colouring and almond extract. Stir well.

Carefully add cherries into mixture and let stand while making pastry.

Bake at 450° for 5 minutes then at 375° for 35 minutes.

Marjorie Graham

RASPBERRY CUSTARD PIE

Pastry for nine inch pie plate.

3	eggs
1/2	cup brown sugar
1	tbsp. flour
1/2	tsp. salt
2 1/4	cups milk (or milk and light cream mixed)
1/2	tsp. vanilla
1 - 2	cups raspberries (fresh or frozen and thawed).

Line 9 inch pie plate and trim and flute edge. Prepare custard by beating (or using a whisk) eggs well, then adding other ingredients in order given above.

Ladle or pour custard into pie shell. Dribble raspberries on top and dust with a bit of nutmeg or white sugar with a touch of cardamom mixed in.

Custard is done, when a silver knife inserted gently into pie comes out clean.

As children (there were seven) we would pick wild raspberries for this pie, and could barely wait for dessert time. We loved it!!

Audrie Koegler

PUMPKIN PIE

2	cup pumpkin
1	cup white sugar
4	eggs well beaten
1	tbsp. flour
1/2	tsp. salt
1	tsp. cinnamon
1	tsp. ginger
dash	nutmeg or cloves
	small piece of butter melted in 2 cups heated milk.

Mix pumpkin, sugar, salt, flour and spices then add eggs well beaten. Mix well. Melt butter in heated milk and add to mixture.

Pour into uncooked pie shells and bake in 350° oven for about 45 minutes (makes 2 pies).

Helen Parnell

RHUBARB PIE

3	cups rhubarb
1	cup sugar
2	eggs
2	tbsp. flour

Cut rhubarb in 1/2 inch pieces, and put in a bowl. Add the remaining ingredients, and mix well. Pour into prepared pie shell, and bake at 400° for 10 minutes. Lower temperature to 350° and bake for 35-40 minutes longer, or until rhubarb is tender.

Shirley Dean

OLD FASHIONED LEMON SPONGE PIE

2	egg yolks (put whites in another bowl)
2	tbsp. soft butter
2	tbsp. flour
1	cup white sugar
1	lemon (grated rind and juice)
1	cup heated sweet milk

Beat the egg yolks with a whisk until light. Add butter, flour, sugar, and rind and juice of lemon. Whisk in the heated (not hot) milk. Now beat the egg whites to soft peaks, and whisk gently into mixture.

Pour into pastry lined pie plate, and bake at 350° for about 35 minutes, or until a silver knife inserted in pie comes out clean, and crust is lightly browned.

Audrie Koegler

XMAS PUDDING SAUCE

2/3	cup Brown Sugar
1-1/2	tbsp. corn starch
1	tsp. melted butter
	salt

Stir in:

1-1/4	cup boiling water
1	tsp. vanilla

Boil till slightly thickened. Pour warm over pudding.

Muriel Nichol

RASPBERRY SOUR CREAM PIE

1	10" pastry uncooked
2 1/2	cups frozen raspberries (thawed and drained)
1/2	cup all purpose flour
7/8	cup white sugar
3	cups sour cream
2	tsp. vanilla
1	cup white bread crumbs
3	tbsp. melted butter
1/8	cup white sugar

Spread drained raspberries evenly over the bottom of pie crust.

Stir together the flour and white sugar. Add sour cream and vanilla. Spoon mixture over raspberries and smooth top.

Mix together bread crumbs and butter sprinkle over the sour cream. Sprinkle remaining white sugar over bread crumbs.

Bake 400F for 15 minutes, reduce to 375F and bake another 45 minutes or until top begins to brown. Let cool.

If desired serve with whip cream.

Serves 8 to 10 people.

Betty MacDonald

CRANBERRY APPLE PIE

3	cups fresh or frozen cranberries
3/4	cup apple cider or juice
1 1/2	cups white sugar
3	tbsp. cornstarch
1/4-1/2	tsp. ground mace
2 1/2	cups sliced peeled apple
	double crust pastry
1	tbsp. butter or margarine
1	cup whipping cream
1/4	cup powdered sugar
2	tbsp. brandy

In a saucepan combine cranberries and cider. Cook and stir till cranberry skins pop. Combine granulated sugar, cornstarch, and mace. Stir into hot cranberries. Cook quickly, stirring till mixture thickens and bubbles. Remove from heat and stir in apples. Cool. Meanwhile, prepare dough, and line a 9-inch pie plate with pastry. Trim and flute edge. Turn cranberry mixture into pie plate. Roll out another 12 inch circle of pastry and cut into 1/2-inch-wide strip. Weave strips atop filling to make a lattice crust. Flute edge. Cover edge of pastry to prevent browning. Bake in 375° oven for 30 minutes. Remove foil; bake for 25 - 30 minutes or until crust is golden. Cool on wire rack. Serves 8.

For topping, in mixer bowl beat whipping cream, powdered sugar, and brandy to soft peaks. Spoon some mixture atop each wedge of pie.

Audrie Koegler

Desserts

DESSERTS
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CREAM PUFF RECIPE

1/4	cup butter
1/2	cup boiling water
1/2	cup flour
2	eggs

Place butter and water in saucepan and heat to boiling point. Add flour and stir until smooth paste leaves the sides of the pan. About 3-5 minutes. Cool and then add unbeaten eggs, one at a time, beating until smooth. The mixture should be stiff enough to hold its own shape without spreading. Drop from a spoon onto a baking sheet. Chill

Bake at 425-450° for 45 minutes.

Dorothy Mitchell

PEPPERMINT WAFER DESSERT

1/2	lb. peppermint stick candy
1/2	tbsp. unflavored gelatin (1/2 pkg.)
1 1/2	cups whipping cream
1/2	cup light cream
2	tbsp. cold water
1	pkg. chocolate wafers

Crush candy, add light cream and heat in double boiler until candy dissolves. Add gelatin dissolved in cold water. Chill until partially set. Fold in whipped cream. Break wafers in half and stand around side of dish. Place whole wafers in bottom of dish. Spread with 1/2 of gelatin mixture top with second layer of wafers and then spread with remaining mixture. Top with wafer crumbs. Chill 12 hours. Cut in squares. Serves 9.

Dorothy Mitchell

RICE DAINTY

1/2	cup cooked rice
1/2	cup white sugar
1/2	cup shredded pineapple
1/2	cup whipped cream

Mix rice, sugar and pineapple. Whip cream till it is stiff and fold into mixture.

Serve very cold in sherbet glasses. Garnish with a cherry.

Note: Can be made previous day. Do not fold in whipped cream till ready to use.

Eileen Smith

GRAPE NUT PUDDING

2	cups milk
2	eggs
1/2	cup white sugar
	dash of salt
1	tsp. vanilla
1	tsp. cinnamon
1	tsp. nutmeg

Mix and beat together. Cover bottom of deep dish with grape nuts (not the grape nut flakes). Pour mixture over grape nuts and do not stir. Bake at 325 degrees for 1 hour.

Jean Schou

Change your favourite apple pie pastry recipe by adding lemon juice as part of the water and the grated lemon peel to the dry ingredients. This steps up the flavour, making a tastier pie.

RICE KRISPIE ICE CREAM DESSERT

1/2	cup corn syrup
1/2	cup peanut butter
4	cups rice krispies
1	pt. ice cream

Mix above ingredients. Put half on bottom of loaf pan. Put 1 pt. ice cream on top, put the remaining half on top. (Double recipe if desired).

Nettie Sharp

RHUBARB DESSERT

Put four cups of rhubarb into greased baking dish. (Pour boiling water over chopped rhubarb and drain before putting in baking dish).

Mix:

1/3	cup flour
1 1/2	cups sugar
1	tbsp. milk
1	tbsp. soft butter
2	eggs

Pour over rhubarb and bake at 425° 40 - 45 minutes.

Serve hot with cream or ice cream.

A.K.

Dry flowers by covering the blossoms with silica gel (a moisture-absorbing agent available at craft stores) and heating for 30 seconds to 3 minutes depending on the quantity and density of the flowers.

RASPBERRY CREAM MOLD

1	3 oz. pkg. raspberry jello
1	cup boiling water
1/2	cup cold water (first amount)

Dissolve jello in boiling water, dissolve completely. Add 1/2 cup cold water and chill until softly set.

1	envelope plain gelatin
1/4	cup cold water (second amount)
1	qt. raspberries
3/4	cup whipping cream
3/4	cup sour cream
1/2	cup fruit sugar
1/2	tsp. vanilla

Soak plain gelatin in cold water for 1 min. then dissolve by stirring over hot water until clear. Cool to room temperature.

Whip the cream until stiff. Beat in the sour cream, sugar and vanilla. Blend in plain gelatin, working quickly spoon layer of raspberries and jello mixture (mixed together), then cream mixture alternately into a 6 or 7 cup ring mold. Draw your spoon through it in one complete circle of the mold to marble it. Chill until set. Double for large group.

Betty Dance

For a higher meringue add a pinch of baking powder to warm egg whites before beating.

Add 2 tbsp. vinegar when canning strawberries. This will retain the red color of the berries.

PINEAPPLE DELIGHT

2	cups icing sugar
1	heaping tbsp. vanilla custard mix
1/4	cup butter
1	egg (unbeaten)
1	tin crushed pineapple (drained)

Mix well and spread on a graham cracker crust. Whip 1/2 pt. cream (sweetened), fold in pineapple and put on top. Refrigerate.

Graham Crust - 9" square or round (do not pat to hard)

1 1/2	cups crumbs
6	tbsp. melted butter
1/4	cup white sugar

Bake at 375 degrees for 8 minutes.

Audrie Koegler

RAINBOW SHERBETS

1	can evaporated milk (large)
1	6 oz. can frozen juice (orange, pineapple or grape)
1/8	tsp. salt
1/2	cup sugar

Chill milk in freezer tray until ice crystals start to form. Turn into chilled bowl and whip until thick. Add 1 tbsp. at a time of frozen juice, sugar and salt, whipping until stiff. Freeze in freezer tray until firm. Serves 5 - 6.

N.F.

FLOATING ISLAND

4	eggs separated
4	cups milk
4	tsp. corn starch
	salt to taste
1 1/2	cups sugar
2	tsp. vanilla

Beat egg yolks lightly in mixing bowl. Add milk, beaten until well blended. Mix cornstarch, salt and 1 cup of the sugar in a sauce pan. Add milk mixture gradually, stirring constantly. Cook over low heat while stirring, until the custard has thickened enough to coat the spoon. Cool for a bit. Add vanilla, stir and pour into serving dish, or dishes.

Chill. Just before serving, beat egg whites, with remaining 1/2 cup sugar. Float a large fluff of meringue on each serving.

Audrie Koegler

Love pumpkin pie but watching calories? Bake your favorite filling in custard cups and forget the crust.

Use a pitcher to pour batter into cupcake pans. It's faster and neater then using a spoon.

Egg whites can be frozen up to nine months. Thaw to room temperature than use as fresh.

Soften a block of pitted dates so it will separate into measurable portions.

APPLE DUMPLINGS

1	egg
6 - 8	apples
1	cup sugar
3	tbsp. butter
1	tsp. baking powder
1/2	tsp. salt
1/2	cup milk
1 1/2	cups flour

Beat egg, gradually. Add sugar. Beat till creamy and add melted butter. Beat again. Sift dry ingred. and add alternately with milk. Place peeled and cored apples in baking dish. Pour batter on top. Bake at 400° for approximately 1 hour.

Dorothy Mitchell

APPLE TORTE

1/2	cup flour
3/4	cup sugar
2	tsp. baking powder
1/2	tsp. salt
1 1/2	cups chopped apple (fine)
1/2	cup nuts
1	egg beaten
1	tsp. vanilla (may use cinnamon)

Stir dry ingredients in bowl, add chopped apple and nuts. Add beaten egg and vanilla. Spread onto buttered 9" pie plate and bake in 350 degree oven for 1/2 hour. Serve hot with ice cream, whipped cream. Can use cinnamon instead of vanilla.

Alice White

ORANGE DELIGHT

2	orange jello powders (small)
1	small tin mandarin oranges
1/2	cup orange juice or juice of 1 orange
1	small pkg. dream whip

Arrange the mandarin oranges in the bottom of pyrex dish. Make up the two jello powers using only 3 cups of water instead of 4.

Add juice of mandarin oranges and juice of 1 orange. Pour enough of the above mixture over the oranges to cover and hold oranges firm. (About 1 1/2 cup liquid). Place in refrigerator until set. Beat dream whip and add the remaining mixture until firm. Pour over layer of orange and jello. (Drain oranges well).

Marion Springett

QUICK OR WASHDAY PUDDING

1	cup all purpose flour
1/4	cup brown sugar
2	tsp. baking powder
	pinch of salt
1	cup raisins
1/2	cup milk

Lightly grease casserole dish and mix ingredients in it. Pour the following sauce over pudding and bake at 350 degrees for 1/2 hour or more.

2	cups boiling water
1	cup brown sugar
1	tbsp. butter

Serve warm.

N.F.

TANGY PEACH COBBLER

1	cup sifted all purpose flour
1/4	cup sugar
1 1/2	tsp. baking powder
1/4-1/2	tsp. cinnamon
1/4-1/2	tsp. nutmeg
1/4	tsp. salt
3	tbsp. shortening
3 1/2	cups canned peach slices (undrained)
2	tbsp. grated lemon rind
2	tbsp. lemon juice
1/2	cup milk

Place flour, 2 tbsp. of the sugar, baking powder, cinnamon, nutmeg and salt in a bowl. Using a pastry blender, or 2 knives, cut in shortening until mixture is crumbly. Drain peach slices and measure 1 cup juice. (if not enough juice, add orange or water). Combine peach slices, juice, lemon rind and lemon juice in saucepan. Place over low heat, and slowly bring mixture to boiling point. Place in buttered 11 x 7 x 2 inch baking dish.

Add milk to flour mixture, stirring lightly and only long enough to blend ingredients. This is the biscuit topping. Spoon it onto the peaches in 6 mounds. Sprinkle remaining 2 tbsps. sugar over mounds. Bake at 450 degrees for 25 minutes, or until biscuit topping is nicely browned.

Serve hot, plain, with cream or ice cream.

Audrie Koegler

Substitute slightly sweetened sour cream for whipped cream for use as a dessert to salad topping. (Less calories)

MABEL'S CHERRY CHEESECAKE

1 1/4	cups graham cracker crumbs
1/3	cup melted butter
1/2	cup sugar

Combine above ingredients and press into a 7 x 11 pan. Chill.

1	cup powdered sugar
1	8 oz. pkg. of cream cheese

Cream above ingredients until smooth. Prepare 1 cup of dream whip or whipped cream. Fold the creamed mixture into the whipped cream. Spread on crust cover with pie filling, 19 oz. can of cherry or blueberry filling.

Chill several hours before serving.

Bessie Eedy

SHORT METHOD TRIFLE

Cut jam jelly roll into cubes

1/4	cup apricot or cherry brandy
1	4 oz. pkg. vanilla pudding, prepared and cooled
1	16 oz. can crushed pineapple (drained)
1/2	pt. heavy cream (whipped)
1/8	cup chopped walnuts
	Maraschino cherries

Arrange layer of jelly roll cubes in fruit bowl, sprinkle with 1/2 of brandy. Pour 1/2 of pudding over cubes, spread 1/2 of pineapple over pudding. Repeat layer. Top with whipped cream, garnish with walnuts and cherries. Refrigerate 2 to 3 hours before serving.

Jean Schou

UNCOOKED FRUIT SQUARES

1	cup cut up dates
1	cup seedless raisins
1/2	cup cut up marachino cherries
1/4	cup chopped peanuts
5	tbsp. sweetened condensed milk
1	cup peanut butter
1/2	cup fruit sugar
1	tsp. ground cinnamon

Combine dates, raisins, cherries, and peanuts. Mix in condensed milk and peanut butter. Combine thoroughly. Dust an 8" square pan with icing sugar. Turn mixture into pan and pack evenly. Cover and chill overnite. Cut into squares. Combine fruit sugar and cinnamon. Roll squares in cinnamon mixture. Store in frig.

Dorothy Mitchell

Eggnogs: The egg could be described as nature's "convenience food"; it comes in its own sealed package, cooks quickly and is appropriate at any meal. It's particularly valuable to get breakfast-haters off to an energetic start in the morning. All these nourishing drinks can be whizzed in a blender.

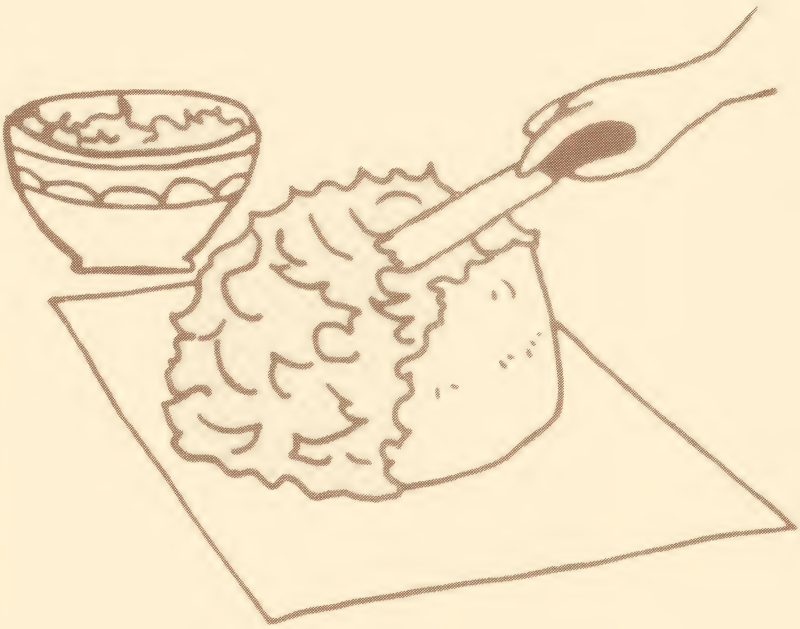
Strawberry Nog: add 1 egg, 3/4 cup milk, 6 large strawberries and 1 tablespoon of honey.

Banana Nog: add 1 egg, 1 cup cold milk, 1 small ripe banana and 1 tablespoon honey.

Orange Nog: add 1 egg, 1 cup chilled orange juice, 1 tablespoon honey and 1 teaspoon of lemon juice.

Apple Nog: add 1 egg, 3/4 cup chilled apple juice, 1/4 cup cold milk, 1 teaspoon honey and 1/4 teaspoon of cinnamon.

Sauces and Frostings



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HOMEMADE SALAD DRESSING

1	cup white sugar
1	tsp. salt
1	heaping tsp. mustard
1	heaping tbsp. cornstarch
1	cup vinegar
1	egg

Moisten with vinegar and add 1 beaten egg. Mix together and add 1 cup boiling water. Cook until thick. Nice on leaf lettuce.

Muriel Nichol

BROWN SUGAR SAUCE

1	cup brown sugar
3	tbsp. flour
1	tsp. vanilla
2	cups boiling water
2	tsp. butter
	salt

Cook flour, sugar, salt and water until smooth. Remove from heat and add butter and vanilla. Delicious on Xmas pudding , ice cream or cake.

Shirley Dean

FRENCH DRESSING

1/4	cup sugar (or maple syrup)
1/4	cup wine vinegar
1/2	tsp. dry mustard
1	tsp. salt
1/4	tsp. paprika
1/2	cup worcestershire
1/2	(10 oz.) tin tomato soup
1/4	cup + 2 tbsp oil
1	tbsp finally chopped onions
1	small clove garlic, crushed

Mix all in blender or food processor.

Dorothy Anderson

WINDSOR TUNNEL RESTAURANT BAR B.Q. SAUCE

1/2	cup catsup
1/2	cup dry or prepared mustard
1/2	cup white sugar
1/2	tsp. salt
1/2	tsp. black pepper
1/4	cup white sugar
1	tsp. crushed garlic or powder
1/2	tsp. cayenne pepper
1/2	tsp. chili powder

Combine all ingredients and store in bottle.

DO NOT REFRIGERATE

Makes about 1 pint

Betty MacDonald

VEGETABLE DIP

1/2	cup sour cream
1/2	cup mayonnaise
1	large pkg. cream cheese
1	tsp. celery or dill seed
1	tsp. parsley flakes
3	small finely chopped onions

Combine and chill.

Alice White

CINNAMON BUTTER FROSTING

2	tbsp. strong black coffee
1	tbsp. corn syrup
1/2	tsp. vanilla
3	tbsp. butter
1 1/2	cups icing sugar
1/4	tsp. cinnamon

Beat until smooth. Chill.

Nettie Sharp

BUTTER ICING

1	lb. icing sugar
1/4	lb. margarine
1	egg white
1	tsp. vanilla
1	Tbsp. cream

Beat these ingredients until smooth and spread on cake.

Eileen Quinn

SALAD DRESSING

1	cup sugar
2	eggs
2	tbsp. flour
1	tbsp. prepared mustard
1	tsp. salt
1	cup vinegar
1	cup water
	big tsp. butter

Cook until thick. Store in a jar in refrigerator.

Shirley Dean

SAUCE MAUSSELINE

Beat the yolks of 2 eggs well with 1/2 cup of heavy cream.

In a saucepan melt 4 tbsp. of butter without letting it boil or brown. Stir in the egg and cream mixture, and add the juice of half a lemon and salt to taste. Heat the sauce, still without letting it boil and beating it continuously with a whisk until it thickens. Serve with Salmon Mousse or any poached fish.

Audrie Koegler

SAUCE HOLLANDAISE

3	egg yolks
2	tbsp. lemon juice
1/2	cup butter or margarine
1/4	tsp. salt

Beat egg yolks and lemon juice. Place in double boiler over hot water - add butter and beat until mixture thickens and is heated thoroughly. Can be served on asparagus, broccoli, seafood or poached eggs.

Greta MacLean

VANILLA SAUCE

1/2	cup white sugar
1	cup boiling water
1	tbsp. cornstarch
1/4	tsp. nutmeg
2	tbsp. butter
1	tsp. vanilla
	salt

Mix sugar and cornstarch. Add boiling water slowly. Boil 5 minutes. Remove from heat and add remaining butter, vanilla, nutmeg and salt.

Marion Springett

CABBAGE SALAD DRESSING

4	Cups shredded cabbage
1/2	Cup chopped green peppers
2	Tbsp. sugar
1	Tsp. salt
1	Tsp. celery seed
2	Tbsp. white vinegar
1	Tsp. prepared mustard
1/2	Cup salad dressing

Mix together sugar, salt, celery seed, vinegar, mustard and salad dressing. Then add cabbage and green peppers. Chill.

Muriel Nichol

LEMON BUTTER

1/2	lb. white sugar
1/4	lb. butter or marg
2	eggs
2	lemons (rind and juice)

Melt butter and sugar. Add eggs and lemons. Cook till thick.

I make up a box of lemon pie filling and add it to this, and it makes a lot. Its delicious on toast, and you can use it for tarts or in between cakes.

Shirley Dean

CARMEL ICING

1	cup brown sugar
1	tsp. butter
3	tbsp. milk

Boil for 4 minutes. Beat till it cools.

Shirley Dean

MAPLE BUTTER

2	cups brown sugar
3/4	cups flour
1	cup milk (made with carnation milk and water 1/2 & 1/2)

Cook till thick, then add

1/2	tsp. mapleine flavouring
1	tbsp. butter

We use it on toast.

Shirley Dean

COCONUT TOPPING FOR CAKE

1/4	cup butter
1/2	cup brown sugar
2	tbsp. milk
1	cup coconut

Mix well. Spread on cooked cake and broil until bubbly and golden brown.

Shirley Dean

FINGER SALAD DIP

1	C. Hellmans mayonnaise
4	tbsp. parmesan cheese
1/4	tsp. vinegar
	Chopped green onion

Blend altogether and chill

Wilma Wardle

QUICK CHILI SAUCE

1	large tin tomatoes
2	small onions
1	cup vinegar
1	cup brown sugar
1/2	tsp. cinnamon
1/2	tsp. cloves
1/4-1/2	tsp. salt (according to taste)

Cook until thick and bottle approximately 1 1/2 hours.

Marion Springett

RELISH DIP

1	large cream cheese
1/2	C. pickle relish
1/4	C. milk

Mix ingredients together. Adding milk to make a suitable consistency for dipping.

Dorothy Mitchell

MOM'S COOKED CHOCOLATE FILLING AND ICING

1	cup white sugar
	Pinch of salt
1 1/2	tbsp. cocoa
3	level tbsp. cornstarch
1	cup water

Mix sugar, cocoa, cornstarch and salt, and add water. Cook and stir continuously until it thickens. Let cool a little then add:

2	tsp. butter
1	tsp. vanilla.

When cake and filling are both cold, use this as filling and icing for cake.

Betty Dance

FLUFFY CHOCOLATE FROSTING

1/4	cup soft butter
1/2	tsp. vanilla
1/4	cup sifted icing sugar
1/4	cup cocoa
1	egg white (unbeaten)
1 3/4	cups sifted icing sugar
1	tbsp. boiling water

Beat butter until fluffy. Add vanilla and 1/4 cup icing sugar. Beat well and add cocoa, and egg white. Add remaining icing sugar, and boiling water alternately beating until fluffy and smooth.

A. Koegler

STANLEY'S MEAT SAUCE

24	large ripe tomatoes
6	green sweet peppers
1	red hot pepper
6	large onions
4	tbsp. salt
6	cup sugar
4	tbsp. cloves
4	tbsp. cinnamon
4	tbsp. ginger
6	cup vinegar

Peal tomatoes, cut onions and peppers fine.

Mix all ingredients together. Boil 2 hours. Bottle and seal.

Betty Dance

SHERRY MUSTARD

1	cup dry mustard
3/4	cup cider vinegar
1/4	cup sherry
3	eggs
6	tbsp. liquid honey

Combine mustard & vinegar & sherry and let stand overnite: Next day, beat eggs, gradually whisk in honey, then mustard mixture. Put in double boiler & cook over simmering water, whisking all the time until it thickens. Pour at once into clean warm screw top jar.

Andrie Koegler

BASIC WHITE SAUCE

1/2	tsp. grated onion
2	tbsp. butter
2	tbsp. all-purpose flour
1/4	tsp. salt
1/8	tsp. pepper
1	cup milk

Saute onion in butter 1 minute in a small saucepan; stir in flour, salt and pepper; cook until bubbly. Stir in milk. Continue cooking, stirring constantly, until sauce thickens and boils one minute.

For cheese sauce, stir in:

1/2	cup grated cheddar
1/2	tsp. worcestershire sauce

Lower heat and stir until cheese is melted.

7 MINUTE ICING

2	egg whites unbeaten
1 1/2	cups white sugar
5	tbsp. cold water
1	tsp. corn syrup
1/8	tsp. salt

In the top of double boiler, mix thoroughly. Place over rapidly boiling water and heat constantly with beater until mixture will hold in peaks, (about 7 minutes). Beat until cool and thick enough to spread, enough for top and sides and between layers of 8" pan.

Muriel Nichol

ANGEL FEATHER ICING

This icing does not run away, dissolve or get crusty. Its delicious!!

2	egg whites
3/4	cup sugar
1/2	cup corn syrup
2	tbsp. water
1/4	tsp. cream of tartar
1/4	tsp. salt
1	tsp. vanilla or other flavouring

Put everything but the vanilla into the top of a double boiler with fast boiling water below. Start beating immediately with a rotary or electric mixer until mixture stands in stiff peaks. Remove from heat, flavouring and continue beating until it is thick enough to spread easily.

Audrie Koegler

OLD FASHION CHRISTMAS PUDDING SAUCE

2/3	cup brown sugar
1 1/2	tbsp. corn starch
1	tsp. melted butter
	salt

Brown in pan.

Stir in:

1 1/4	cups boiling water
1	tsp. vanilla

Bring to boil.

Muriel Nichol

MAPLE CREAM (CHOCOLATE)

2	tbsp. butter
2/3	cups carnation or (small can)
1 2/3	cups white sugar
1/2	tsp. salt
2	cups marshmallows (miniature)
1 1/2	cups or 6 oz. package semi sweet chocolate chips
1	tsp. vanilla.

Combine, butter, carnation, sugar and salt in sauce pan on medium heat. Bring to boil and cook 5 minutes stirring constantly. Remove from heat, stir in marshmallows, chocolate, vanilla and nuts. Stir vigorously for 1 minute or until all is dissolved. Pour in greased 8" square pan and decorate.

Makes 2 lbs.

Muriel Nichol

STEAK SAUCE

12	large ripe tomatoes
6	medium cucumbers
6	onions
1	sweet red pepper
1	green pepper

Peal and cut up vegetables. Sprinkle with 1/4 cup salt. Let stand overnight. Drain well. Mix well the following:

4	cups white sugar
1/2	tsp. Tumeric
1/2	tsp. curry
1/4	tsp. pepper
2	tsp. celery seed
3	tbsp. flour
2	cups vinegar

Bring sauce to boil and pour over vegetables.

Boil 10-20 minutes stir often. Bottle.

Alice White

APPLE BUTTER

6	cups apple pulp
3/4	cups cider vinegar
6	cups gran. sugar
3	tsp. cinnamon
1	tsp. cloves

Boil and stir for 1 hour or until thick.

Delicious on toast.

Shirley Dean

WHITE SAUCE

THIN:

1	cup milk
1	tbsp. flour
1	tbsp. butter
1/2	tsp. salt

MEDIUM:

1	cup milk
2	tbsp. flour
1 1/2	tbsp. butter
1/2	tsp. salt

THICK:

1	cup milk
3	tbsp. flour
2	tbsp. butter
1	tsp. salt

Marion Springett

Meat, Fish and Poultry

MEAT, FISH & POULTRY
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BARBECUE FLANK STEAK

Scored and tenderized with a well combined marinade.

Preparation time 20 minutes. Marinating time 2 - 5 hours. Cooking time 8 - 10 minutes.

1	kg (2 lb) flank steak
	salt
	freshly ground pepper
2	tbsp. Dijon mustard
1	small onion (finely chopped)
1	clove garlic (finely chopped)
1	tbsp. chopped fresh parsley
1	tsp. worcestershire sauce
	Pinch dried thyme
1/4	cup dry red wine
1	tsp. vegetable oil
1	bay leaf

Make waffle like cuts on surface of meat both sides. Rub steak both sides with salt and pepper, mustard, onion, garlic, parsley, worcestershire sauce, thyme, vegetable oil and bayleaf to paste. Rub 1/2 the paste on one side. Place meat paste down on shallow glass pan apply remaining paste on top side. Cover with plastic wrap and refrigerate 2 - 5 hours. Let meat reach room temperature before barbecuing. Barbecue 3 - 5 minutes same on reverse side. Remove from grill wait 10 to 15 minutes and slice against grain. Makes 4 servings.

Betty MacDonald

Bacon will be a golden brown colour if a few grains of sugar are sprinkled over it while it is frying.

CHICKEN POT PIE

1	chicken cooked & boned
1	can cream of chicken soup (or mushroom or celery)
3	tsp. flour
3	tsp. butter
1	can chicken bouillon
1/4	cup green & red pepper (chopped)
1/4	cup diced potatoes
1/2	cup diced carrots
1/2	cup onions (chopped)
1/2	cup celery
	salt and pepper
	pastry

Cook vegetables 5 minutes in chicken bouillon. In pan melt butter, add flour. Stir & add cream of chicken soup while stirring. Mix with cooked chicken & vegetables.

Season with salt & pepper. Roll pastry & place in bottom of dish; fill with chicken & veg. mixture. Cover with pastry. Cook 20 minutes at 425°F & 30 minutes at 350°F - 6 portions.

Jackie Shea

To make quiche with less calories spray pie pan with oil and omit crust.

If a bit of egg yolk gets into the whites while separating eggs, scoop out the yolk with half the egg shell. The shell acts as a magnet.

Substitute one teaspoon cornstarch if short one egg in a recipe.

LASAGNA

1	lb. ground beef
1	Cup minced onion
1	Clove garlic peeled and crushed
2	Tbsp. oil
1	Can Italian plum tomatoes, (2 lb. 3 oz. can)
1	Can tomato sauce 8 oz.
1	Can tomato paste 6 oz.
1/2	Cup medium dry red wine
2	Tbsp. worcestershire sauce
1	Tsp. seasoned salt
1	Tsp. sugar
2	Tsp. Italian seasoning
	Few drops Tabasco
1	lb. lasagna noodles
1/2	Cup grated parmesan cheese
1	lb. sliced mozzarella cheese

Saute onion and garlic in oil, add beef, stir until brown. Add remaining ingredients in order, mix well, cover and simmer 1 hour. Cook noodles till tender, drain well, spread thin layer of sauce in buttered 9 x 13 pan - cover with layer of noodles and sauce, sprinkle with cheese - repeat layers ending with cheese. Bake at 350° for 30-35 minutes.

Yvonne Hunt

For a higher meringue add a pinch of baking powder to warm egg whites before beating.

Place aluminum foil under napkins in your roll basket and the rolls will stay hot longer.

To keep scalding milk from scorching, rinse the pan with hot water before using.

SWEDISH MEAT BALLS

1	lb. ground beef
1	onion chopped fine
1/2	tsp. curry powder
1/4	cup milk
1	cup bread crumbs or soda crumbs
1	egg
	Salt and pepper
1	tsp. dry mustard

Mix well and form into balls. Roll in flour. Fry in pan as you would hamburg and then put in casserole dish.

Sauce:

1/4	cup chopped onion
1/8	tsp. pepper
1	tsp. dry mustard
4	tbsp. worcestershire sauce
1	tsp. butter
3	tsp. brown sugar
1/2	cup catsup
1/2	cup water
1/4	cup vinegar

Mix well together and bring to a boil. Cook till it thickens a bit. Pour over meat in casserole dish and bake at 300° for 1 1/2 or 2 hours. Sauce will thicken some more. Serve with rice or a salad or whatever you want.

Dorothy Mitchell

It doesn't take a gay blade to separate frozen steaks or other meats. Just a hot one. Run hot water over a knife, insert the heated steel between the layers of meat and separate carefully.

CHICKEN BAKE

Can use approximately 8 - 10 pieces of chicken.

Put in good sized baking dish. Sprinkle with salt and pepper. Add slivered almonds and 1/2 tsp. red pepper flakes.

Mix well:

1	can cream mushroom soup
1	can cream celery soup
1	can cream chicken soup
1/2	cup white wine

Pour soup mixture over chicken pieces. Sprinkle parmesan cheese on top. Bake @ 325 - 350° for 1 1/2 hours. Serve with rice and tossed salad.

Greta MacLean

SALMON LOAF

1	large can salmon (take out bones)
2	egg yolks
1	cup milk
1	cup cracker crumbs (bread better)
2	tbsp. butter
	salt and pepper
1	small onion (chopped fine)

Mix together. Beat egg whites and stir lightly into salmon mixture. Spoon into oiled loaf pan, smoothing top with back of spoon. Bake at 350° for 35 - 40 mins.

Eileen Smith

CHICKEN LIVER PATE

1	lb. chicken livers
2-3	tbsp. butter
2	hard cooked eggs
1	small onion
3-4	sprigs parsley
1/4	cup heavy cream
1	tsp. salt
1/2	tsp. dry mustard
1/2	tsp paprika
1/4	tsp. nutmeg or marjoram
1/8	tsp. pepper

Rinse chicken livers with cold water and dry on paper towel. Melt butter in a skillet and add the livers. Stir-fry slowly for 5-10 minutes, or until gentl;y cooked through. Remove from heat and cool. Lift livers into a bowl with slotted spoon and reserve through sieve, livers, eggs, onion, and parsley and set aside.

Stir remaining ingredients into reserved drippings, stirring to scrape pan, then pour over liver mixture. Mix thoroughly and press into a small oiled loaf pan or 3 cu mold. Chill about 4 hours. Cut into small servings and serve with melba toast or crackers.

Audrie Koegler

To make the juiciest hamburgers, add 1/3 cup of applesauce for each pound of meat, add salt and pepper, shape the meat into patties and cook as usual.

ZUCCHINI AND EGGPLANT QUICHE

2	small zucchini (sliced thin, diagonally)
1/2	small eggplant in 1/2" dice
1	green onion, sliced
1	med clove garlic, minced
1/4	cup butter
1	small tomato - peeled and chopped (or 1/2 cup)
1/2	cup chopped green pepper
1/2	tsp. salt, dash pepper
1/4	tsp. each basil and thyme
9"	pastry shell, partially baked
3	eggs
1/2	cup heavy cream
1/2	cup grated cheese

Saute zucchini, eggplant, onion, garlic in butter about 5 minutes. Stir in tomato, green pepper, salt and herbs. Cook over low heat 10 - 15 minutes or until vegetables are tender and liquid has evaporated. Spread vegetables evenly in shell. Beat eggs and cream until mixed but not frothy. Pour into shell and sprinkle with cheese. Bake at 375° 30 - 35 min. or until set.

Dorothy Anderson

CHICKEN CORDON BLEU

6	chicken breasts - boned and skinned
3	oz. chipped beef or shaved ham
6	slices (thin) edam cheese
2	med. eggs
2	tbsp. water
1	tsp. salt
1/2	C. melted butter
	Fresh breadcrumbs

Open chicken breasts and spread with 1/6 of ham or beef. Then cover with slice of edam cheese. Fold in half to make a turnover and press together. Beat eggs, water and salt in shallow bowl. Pile crumbs on dinner plate. Dip turnovers in egg, then crumb both sides.

Pour melted butter all over shallow baking dish, arrange crumbed turnovers on it. Cover with plastic wrap and chill in refrigerator to set and firm up. Two hours before meal time remove from fridge and warm to room temperature. Heat oven to 350 deg. and bake uncovered for 45 - 60 min. or until golden brown.

Betty Dance

SALMON LOAF

1	lb. canned salmon (flaked)
1	cup cracker or bread crumbs
1	cup milk or 1 6 oz. can evaporated milk
2	eggs (beaten) with milk
2	tsp. lemon juice
2	tsp. minced onion
	salt and pepper to taste

Mix well. Bake 350° - 45 minutes.

Marion Springett

SALMON BALL

1	can (1/2 lb) salmon
1	large cream cheese (soft)
dash	worcester sauce
dash	garlic salt
	parsley flakes

Mix well and form ball. Roll in pecans. Refridgerate 1/2 hour or longer. Goes long way. Delicious with small biscuits.

Muriel McDougall

SALMON BURGER

3	eggs
1	16 oz. can of salmon
2 1/2	cup fresh bread crumbs (about 5 slices)
2/3	cups chopped celery
1/2	cups chopped green onion
3	tbsp. salad oil
3	English muffins (split and toasted)
1 1/2	cup hollandaise sauce

1/ In a large bowl with fork, beat eggs slightly - add salmon, crumbs, celery and green onions and mix well. Shape mixture into 6 patties (firmly)

2/ Using a 12" skillet and hot oil, fry patties.

3/ Top each muffin with a patty, spoon on sauce.

Greta Maclean

BASIC BEEF ROAST

3-4	lb. roast
1	medium onion (cut in eighths)
1-2	cloves garlic (crushed)
1/2	celery stalk (with leaves)
1	small tin sliced mushrooms with juice
2	tbsp. canned or tinned tomatoes
	salt and pepper

Wipe roast, salt and pepper to taste and put in roast pan. Put all other ingredients around or over roast. Add a little water if necessary. Roast at 350° covered, for 25-30 mins. per pound, basting and turning as necessary.

Pan drippings make excellent gravy.

A. Koegler

SHAKE AND BAKE

4	cup dry bread crumbs
1/2	cup vegetable oil
1	tbsp. salt
1	tbsp. paprika
1	tbsp. celery salt
1	tsp. pepper

Mix bread crumbs and oil, then add remaining ingredients. Bake at 350° for 45 min., stirring occasionally. Store in airtight container until using.

Jean Schou

If short one egg in a recipe - substitute one teaspoon cornstarch. It's a perfect replacement.

ASPARAGUS HAM ROLLS

12	spears of asparagus
6	slices cooked ham

Cheese sauce.

Roll 2 spears of asparagus in each slice of ham. Put in buttered baking dish. Pour cheese sauce over ham rolls and sprinkle with paprika. Bake in 325 - 350° until sauce bubbles and rolls are heated through.

Audrie Koegler

EASY CHICKEN DIVAN

Bake 350° - 25 - 30 minutes.

2	10 oz. pkg. frozen broccole or 1 large fresh head
3	Chicken breasts, cooked and boned
2	Cans cream of chicken soup
1/2	Cup mayonnaise
1	Tsp. lemon juice
1/2	Tsp curry powder
1/2	Cup shredded cheddar cheese
1/2	Cup soft bread crumbs
2	Tbsp. butter

Cook broccole till tender, drain and arrange in greased 11 1/2 x 7 1/2 x 2 1/2 pan. Place chicken pieces on top. Combine soup, mayonnaise, lemon juice and curry powder. Pour over chicken. Sprinkle with cheese. Combine bread crumbs and melted butter, and sprinkle over all.

Yvonne Hunt

BAKED SCALLOPS

1 lb. scallops
Bacon slices cut into thirds
1/4 cup lemon juice
Salt and pepper
toothpicks

Rinse scallops under cool running water. Drain on paper towel. Around each scallop, wrap a piece of bacon and secure with toothpicks. Place scallops in lightly greased pan. Sprinkle with salt, pepper and lemon juice. Bake at 450 degrees 25 - 30 minutes or until bacon is cooked.

CHICKEN ROLL-UPS

6 large chicken breasts (boneless)
6 slices ham
6 slices swiss cheese (room temp.)
1 tomato chopped (optional)
sage
1 1/2 cup fine dry bread crumbs
2 tbsp. parmesan cheese
2 tsp. chopped parsley
1/4 cup melted butter

Pound chicken breasts lightly put on slice ham then slice of cheese. Sprinkle with sage fold in ends and roll up tightly. Combine bread crumbs, cheese and parsley. Dip chicken roll in warm melted butter - roll in crumbs. Place seam side down in baking pan. Bake at 350° for 40 minutes.

Yvonne Hunt

DUMPLINGS

1	cup flour
1/2	tsp. salt
1 1/2	tsp. baking powder
2	tbsp. butter

Mix this well, then add

1	Egg
1/3	cup milk

Drop by teaspoon full, on beef stew or boiled chicken.

Cook with cover on for 12 minutes only, and no more.

Delicious. Make sure its boiling.

Shirley Dean

YORKSHIRE PUDDING

1/4	cup hot meat drippings
1	cup sifted flour
1/2	tsp salt
1	cup milk
2	eggs beaten

Oven 450°

Pour hot meat drippings in pan or muffin tins and put in oven. Mix the other ingredients and pour over hot drippings. Bake 20 to 25 minutes.

Alice White

Mushrooms keep better in a brown paper bag when refrigerated.

PORCUPINE BALLS

1	egg (slightly beaten)
1/2	cup uncooked rice
1/4	cup rolled oats
1	lb. minced beef
1	onion (chopped)
1	can tomato soup
1/2	cup water

Mix egg, rice, beef and oats well and form into balls about the size of a walnut and place in casserole dish. Add 1 chopped onion, tomato soup mixed with water.

Cover and bake at 350° for 1 hour.

N.F.

HAMBURGER CHOP SUEY

1	lb. hamburger
1	Med. onion, chopped
1	Tsp. salt
	Pepper

Cook meat until brown, add salt and pepper. Drain off excess fat. Then add

2	cups diced celery
1 1/2	cups hot water

Bring to boil, reduce to simmer for 10 min. and add

1	can Chinese vegetables
2	tbsp. cornstarch dissolved in
2	tbsp. cold water.

Stir constantly till thickened. Add

1	tbsp. soy sauce.

Serve over hot rice.

N.F.

CHOP STICK TUNA

1	can mushroom soup
1	tin tuna
1/2	cup chopped onion (a little green)
1/2	cup celery chopped
1	can chow mein noodles
1/2	cup nuts (optional) cashew
1/2	cup milk
	noodles for top

Mix all together and put in casserole and bake at 350° for 1/2 hour.

SWEET AND SOUR RIBS

3-4	lbs. short spare ribs
1	onion
2	tbsp. oil
2	tbsp. vinegar
2	tbsp. brown sugar
1/2	cup chili sauce
1/2	cup ketchup
1/2	cup water
1	tbsp. worcestershire sauce
3/4	tsp. salt
	pepper
1	Lemon (juice)

Cut, wash and pat dry ribs. Put in a skillet and brown and cook lightly. Saute onion in oil in a cooking pot. Add next 8 ingredients, bring to a boil and simmer for 20 minutes. Add the lemon juice and mix. Place the browned ribs in a roasting pan, and pour the sauce over the ribs. Bake covered, in a 350° oven for about 1 hr. stirring and basting ribs several times.

BATTER FOR FISH

1 egg
2 parts ice water (1/2 cup)
3 parts Brodie's self-raising cake and pastry flour (3/4 cup)

Break the egg which should be cold in a mixing bowl. Add 1/2 cup ice water and 3/4 cup of self raising flour. Stir, but not smooth. Keep fish and batter absolutely cold until ready to use, preferably in the freezing compartment of the fridge. Quickly dunk fillets into batter and then into hot (400 degrees) cooking oil. Test for doneness after about 7 minutes cooking time.

Jean Schou

WHITEFISH OR SALMON

fish
lemon juice
salt & pepper
mayonnaise

Buy the quantity of fish you require for a meal. Wash the fish and pat dry with a paper towel. Cover fish with a thin layer of mayonnaise. Sprinkle with salt, pepper and a little lemon juice. Bake at 400 degrees for 20 minutes.

Alice White

Oranges and lemons will squeeze more easily after a few seconds in microwave.

TURKEY BURGERS

About 4 slices white - bread

1/2	cup water
1	egg
1	pound ground turkey
1	medium onion chopped fine
1	tsp. salt
1/4	tsp. pepper
1/4	cup butter or margarine
4	kaiser rolls
4	large Boston lettuce leaves
1	medium tomato, sliced.

With hands, pull bread slices into very small pieces to make two cups. In bowl, with a fork, beat bread, water and egg until almost smooth. Add turkey onion, salt and pepper and mix well. Shape into 4 large patties. Cook patties in butter about 20 minutes, until golden.

Split bun. Put lettuce leaf, patty and tomato on bottom half and top with other half.

Audrie Koegler

MEAT LOAF

1	cup fine rolled bread crumbs
1 1/2	lb. ground beef (lean hamburg)
1	small to medium onion
2	tbsp. chopped parsley
1/2	cup chopped celery
1	egg (beaten)
1/3	cup ketchup
1	tsp. salt
	pepper
2/3	cup water

Chop onion & fry in a bit of oil until glassy. Put meat in large mixing bowl and loosen with a fork. Add bread crumbs, onion, parsley & celery. Add salt & pepper.

Beat egg in small bowl, add ketchup & water & beat together. Add to meat mixture and mix all together with a spoon. Mixture should be moist. Put in a meat loaf pan, pressing mixture down lightly, & smoothing out the top.

Bake at 350^{o} for 30 to 35 mins.

Instant white sauce. Blend together 1 cup soft butter and 1 cup flour in an ice-cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

PARTY MEAT BALLS

3	lbs. lean ground beef
1	pkg. onion soup mix
1	egg
	Salt and pepper

Make into small balls.
Place in pan and

Add - 1 family size bottle catsup
1 large bottle ginerale, poured around the edges.

Bake at 300° for about 2 1/2 hours.

May be frozen and reheated adding a little gingerale.

The more often reheated the more marinated and tasty they become.

Serve on tooth picks and fancy crackers.

Eileen Smith

CHILI CON-CARNE

1	med onion chopped
2	cloves garlic
2	lbs. hamburg
1	med can tomatoes
1 1/2	tsp. salt
	pepper
1	tbsp. chili powder
1/4	tsp. cayene pepper
2-3	cans kidney beans

Brown onion and garlic in a little oil. Add hamburg and cook, stirring frequently until it changes colour. Add tomatoes and cook until meat is cooked. Add remaining ingredients and simmer 15 mins.

Sadie Burket

SOLE

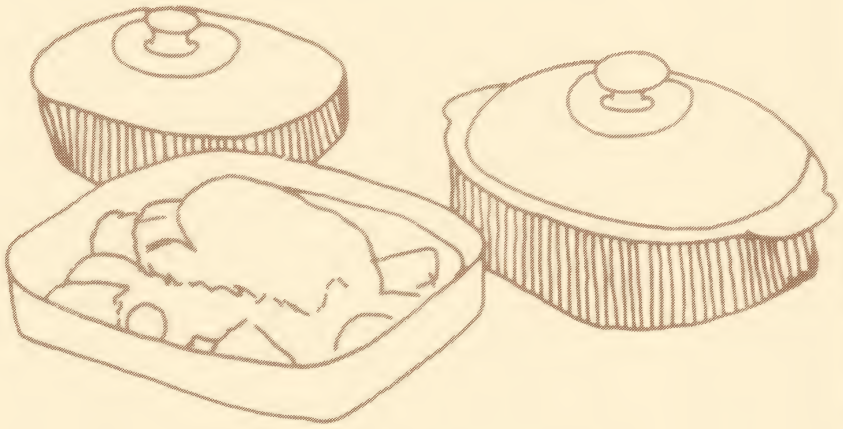
1	lb. sole filets (or more)
	Milk, bread crumbs, melting butter and
1	tsp. lemon juice

Dip in milk and then into bread crumbs. Place in a flat dish, sprinkle with the melted butter and lemon juice.

Bake at 400° - 15-20 minutes or golden brown.

Alice White

Casseroles



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EASY HAMBURG CASSEROLE

3/4	cup rice (cooked to directions)
1	lb. ground beef browned and seasoned
1	large tin tomatoes
4	medium sized potatoes sliced and put into boiling water for 5 minutes then drained.
2	medium onions sliced thinly.
	Salt and pepper

In buttered 2 qt casserole dish layer rice, some tomato and some sliced onion, ground beef, some sliced onion, more tomato, the sliced potatoes, onions and remainder of tomato. Bake in 350° until potatoes are tender. About 45 minutes.

Audrie Koegler

BROCCOLI CHEESE CASSEROLE

3	pkg. 10 oz. frozen broccoli
1	tin cream of mushroom soup
1	cup mayonnaise
2	eggs (well beaten)
1	small onion (chopped fine)
1	cup grated mild cheddar cheese
1/4	cup butter or margarine
1 1/2	cup Ritz crackers (crumbled fine)

Cook broccoli and drain. Combine soup, mayonnaise, eggs, and onion and blend with broccoli. Spread in 9 x 13 baking dish. Sprinkle with cheese, melt butter and add Ritz crackers over cheese. Cover with lid or foil. Bake at 350° for 45 minutes, remove lid and bake 5 more minutes.

M. Clarke

CASSEROLE

1	(10 oz) can cream of mushroom soup
1 2/3	cup milk
4	medium potatoes
1/2	cup grated cheese
1	cup soft bread crumbs
1 or 2	onion (sliced)
1	13 oz. can chunk tuna

Heat soup and milk together.

Butter medium size casserole. Layer half of the potatoes, half the onions, half of the tuna and half of the soup mixture. Repeat with the other half of above.

Mix 1/2 cup grated cheese and 1 cup soft bread crumbs together. Sprinkle evenly over top of casserole. Sprinkle with few grains paprika.

Bake at 150° for 70 minutes or until potatoes are tender.

If you are cooking for 2 people - split ingredients and make 2 casseroles.

Cool wrap and freeze 2nd casserole.

Arlie Kinsfater

JOE MAZZETTI CASSEROLE

Cook 6 oz. egg noodles according to directions on package. Rinse in cold water.

1	lb. hamburger
1	or 2 small onions chopped
1	No 2 tin tomatoes
2/3	Cup Green pepper chopped
1	small tin mushrooms
	Salt and pepper to taste

Brown meat, remove excess fat. Add other ingredients, mix with noodles and place in buttered casserole. Bake at 350° for approximately 1 hour (covered). Top with grated cheese if desired.

N.F.

TOMATO & ZUCCHINI CASSEROLE

1	cup grated cheddar cheese
1/3	cup grated parmesan cheese
1	tsp. oregano
1	tsp. basil
1	clove of garlic
	salt and pepper to taste
3	zucchini
2	large tomatoes
1/4	cup butter
2	tbsp onions

Combine cheese etc. Butter an 8" pan and arrange zucchini. Sprinkle with 1/4 cup cheese, then 1/2 of tomato. Layer and cover with bread crumbs. Bake at 350° for about 45 minutes.

Shirley Dean

SUPPER DISH

Dice left-over roast about 3 cups. Add about 2 cups of gravy, and 1 can vegetable soup, stir and heat thoroughly. Put in baking dish and cover with the following.

Biscuit Dough

1	cup flour
2	tsp. baking powder
1/4	tsp. salt
2	tbsp. shortening

Mix quickly, add enough milk to moisten and drop easily from spoon.

Bake in 450° oven for 15 minutes.

Maxine Atkins

BEST OVEN HASH

1	cup coarsely ground cooked beef
1	cup coarsely ground cooked potatoes
1/4	cup coarsely ground onion
1/4	cup snipped parsley
2	tsp. worcestershire sauce
1	6 oz. can (2/3 cup evaporated milk)
1/4	cup fine dry bread crumbs
1	tbsp. butter or margarine melted

Mix first 6 ingredients, 1 tsp. salt and dash pepper. Turn into 1 quart casserole. Mix crumbs and butter sprinkle on top.

Bake at 350° for 30 minutes. Serve 4

Greta MacLean

TOMATO BEEF CASSEROLE

1	lb. minced beef
1	medium onion chopped
2	tbsp. fat
1/2	tsp. salt
	pepper
1	20 oz. can tomatoes
8	oz. pkg. noodles
2 or 3	slices of cheese

Cook onion in fat. Add meat, salt and pepper. Cook until meat is crumbly and brown.

Drain tomatoes. Reserve juice. Mix pulp with meat.

Cook noodles. Drain and Rinse. Add 2 tbsp. of butter and 1/2 tsp. salt and pepper. Blend reserved tomato juice with 1 tbsp. flour and mix thoroughly.

Line bottom and sides of 2 quart casserole dish with noodles. Fill the centre of casserole dish with meat mixture placing the cheese slices on top. Bake at 350° for 1/2 hour.

N.F.

ORIENTAL TUNA CASSEROLE

1	can condensed mushroom soup
1/4	cup water
1	can tuna chunks
4	oz. cashew nuts (or less)
1	cup diced celery
1/2	cup chopped onion
	pepper to taste
	(no salt required if cashews are salted)
2	oz. chow mein noodles

Mix all the ingredients in casserole, reserve some of the noodles for garnishing. Sprinkle noodles over top of casserole. Bake uncovered at 350 degrees for 45 minutes.

Wilma Shepherd

HAMBURG CASSEROLE

1	lb. hamburg
1	medium onion
2	cups macaroni
	salt
1	tin mushroom soup
1	28 oz. tin tomatoes
1/4	green pepper (chopped)
	cracker crumbs
	butter

Brown hamburg with onion. Cook macaroni and add salt. Drain fat from meat. Mix meat with macaroni in large casserole dish.

Add mushroom soup, tomatoes and green pepper. Cover with cracker crumbs and dot with butter. Bake at 350° for 1 hour.

Dorothy Mitchell

CLAUDIA'S HEAVENLY HASH

1 cup rice - cook
1 bunch celery (leaves to) (chop fine)
1 green pepper (chop fine)
2 onions (chop fine)
2 lbs. ground beef - brown with vegetables

Add rice and mix well together.

Add - 2 cans tomato soup
20 oz can tomato juice
Worchestershire sauce (to taste)
Cayenne pepper (to taste)
Salt (to taste)

Bake at 300° (or simmer on top of stove) 1 hour.

Before serving in casserole sprinkle with 1 cup grated cheese and brown in oven 375-400°.

Add 1 can mushrooms if desired.

Sadie Gourlay

CHOP STICK TUNA

1 can mushroom soup
1 tin tuna
1/2 cup chopped onion (a little green)
1/2 cup celery chopped
1 can chow mein noodles
1/2 cup nuts (optional) cashew
1/2 cup milk
noodles for top

Mix all together and put in casserole and bake at 350° for 1/2 hour.

SEAFOOD CASSEROLE

Preheat oven to 350°F

1/4	cup margarine
1/4	cup chopped onion
2	tbsp. chopped green pepper
1/4	cup flour
2 1/2	cups milk
1/2	tsp. pepper
1/2	tsp. salt
1	tbsp. lemon juice
1	cup finely grated cheese
1/2	cup fast cooking rice
12	oz. chopped lobster meat
1 - 5	oz. can minced clams
1/2	lb. cooked fish fillet flaked
2	cups buttered bread crumbs

Melt margarine in large pan. Add onion and green pepper and saute until tender but not brown. Combine flour with this mixture and stir until evenly coated. Add milk stirring constantly until thickened and smooth. Combine seasonings, cheese and rice with sauce and stir well. Add lobster, clams and flaked fish. Pour into greased casserole dish. Cover with bread crumbs and bake 30 minutes at 350°.

Audrie Koegler

SOUR CREAM TUNA BAKE

1 1/2	tbsp. butter
3	tbsp. flour
3/4	tsp. salt
1 1/2	cup sour cream
1	7 oz. tin tuna
1	17 oz. tin peas
1	4 oz. tin button mushrooms
1/4	cup bread crumbs
1	tbsp. butter

Melt butter, add flour and salt. Blend well. Add sour cream slowly and heat slowly, stiring until smooth. Add tuna, drained peas, mushrooms. Mix and pour into buttered casserole dish and sprinkle with buttered bread crumbs.

Bake at 400 degrees for 1/2 hour. Serves (5).

Greta MacLean

BROCCOLI AND ONION CASSEROLE

2	lbs fresh or 4 pkgs frozen broccoli
2	lbs small white onions

Cook.

Mix

3/4	cup butter
3/4	cup flour
1	qt. homo milk
1	tbsp salt
1/3	tsp curry

Cook and pour over layered vegetables. Bake at 350° for 20 min. Sprinkle grated cheese on top.

PORK AND APPLE CASSEROLE

1/3	C. sugar
2	tbsp. flour
1/4	tsp. cinnamon
1/8	tsp. nutmeg
4	C. sliced apples
8	lean pork chops

Mix above ingredients with sliced apples. Spoon into greased 13" X 9" pan. Coat pork chops with shake & bake for pork. Place chops on top of apple mix. Bake uncovered at 400 degrees for 45 - 50 min.

Yvonne Hunt

SWEDISH MASHED POTATOES

(casserole)

5	lbs (9) potatoes
2	pkg. (3 oz) cream cheese
1	cup sour cream
2	tsp. onion salt
2	tbsp. butter

Boil and mash potatoes - whip in other ingredients and place in casserole. Bake at 350° - 30 minutes.

It may be frozen. Sprinkle with cheese opt.

CHEESY SALMON CASSEROLE

1/4	cup chopped onion
2	tbsp. butter
1	10 oz. can campbell's condensed cream of mushroom soup
1/2	cup milk
1	cup shredded sharp cheddar cheese
2	cups cooked macaroni
1	cup salmon, drained and flaked
2	tbsp. buttered bread crumbs

In saucepan, cook onion in butter till tender. Stir in soup, milk, 3/4 cup cheese, macaroni and salmon. Pour into 1 1/2 quart casserole dish. Bake at 350° for 25 minutes or until hot - stir. Top with crumbs and remaining cheese. Bake 5 minutes more or until cheese melts.

Makes about 4 cups, 6 servings.

Jean Schou

KARTOFFLE PUDDING

1	lb. ground beef
1	large onion (chopped)
1/2	tsp. salt
1/8	tsp. pepper
8	medium potatoes

Grated cheese (Optional)

Method:

Boil potatoes then set aside until just warm. In frying pan brown ground beef and onion. Add seasoning.

When lightly browned cover with water. Bring to a boil then reduce heat and simmer covered for 1/2 to 3/4 hours.

Thicken mixture (slightly) with flour and water.

In a buttered casserole layer sliced potatoes alternately with meat mixture ending with potatoes.

Dot with butter.

Cover with saran wrap and refrigerate overnight.

Just before placing in the oven, sprinkle with grated cheese.

Bake at 350^{o} for approximately 1 hour or until bubbly.

Elva Charlton

TOFU CASSEROLE AL ITALIANO

Mix in a blender until smooth:

1	lb. Tofu
3	eggs
1	can (8 oz.) tomato sauce
2-4	cloves garlic
2	tsp. basil
1	tsp. salt
1/4	tsp. nutmeg
2	tbsp. onion powder
1/4	tsp. pepper
2-4	tbsp. grated parmesan cheese

Add and blend again:

2	tbsp. flour

Add:

1	bell pepper finely chopped
1	cup chopped green onion

Mix in well with a long handled spoon. Turn half the tofu mixture into an oiled 2 quart casserole. Cover with half the slices from:

8	oz. mozzarella cheese, thinly sliced

Spread the remaining tofu mixture over the cheese slices, top with the remaining cheese - bake at 350° for 50 - 60 minutes or until golden brown.

Serves 6

Dorothy Anderson

PICK YOUR SIZE SEAFOOD CASSEROLE

For 2		For 6-8
2	slices of bread (crusts trimmed)	6
1/2	7 oz. tin crabmeat, salmon, shrimp	2
3	oz. cheddar cheese (shredded)	8
1	eggs	4
1/2	cup of milk	2
1/3	tsp. salt (about)	1
	dash of pepper	
	dash of Cayenne	

Arrange slices of bread in bottom of greased casserole. Cover with flaked seafood. Sprinkle with cheese. (Repeat layering if desired)

Beat eggs, add milk and season to taste. Pour over cheese. Bake in slow oven (325°F) until set. About 45 to 50 mins.

Peggy Speiran

SUPPER DISH

1	can spaghetti
1	C. canned tomatoes or 1 small can tomato soup.
1	lb hamburg
1	small onion, chopped
	grated cheese

Brown hamburg and chopped onion in skillet. Add salt and pepper to taste. Remove from heat and add remaining ingredients, except cheese. Mix well and put into greased casserole dish. Sprinkle top with grated cheese. Bake at 350° for 1 hour.

Maxine Atkins

CABBAGE AND BEEF CASSEROLE

1	lb. ground beef
1	onion
3	tbsp. long grained rice
	salt and pepper
1	10 oz. can of tomato soup
1	10 oz. water

Saute beef, add onion, soup, water, rice, salt and pepper. Cook for a few minutes. Pour 3 cups of coarsely shredded cabbage in a buttered bake pan. Pour beef mixture on top. Bake uncovered 1 1/2 hours at 350 degrees. (stir after 3/4 hour) Serves 4.

Elva Charlton

SAUSAGE EGG CASSEROLE

1	lb. bulk pork sausage
4	eggs (hard cooked)
1/4	cup butter or margarine
1/4	cup all purpose flour
2	cups milk
1	1 lb. can (2 cups) whole kernel corn (drained)
1	cup soft bread crumbs

Cook sausage and drain. Slice 2 of the eggs into 1 1/2 quart casserole dish. In saucepan, melt butter, blend in flour, 1/2 tsp. salt and dash pepper. Add milk all at once. Cook, stirring constantly, till mixture thickens and bubbles. Stir sausage and corn into sauce, pour over eggs. Slice remaining eggs and arrange atop mixture. Sprinkle with crumbs, bake at 375° for 30 minutes or till heated through. Serves 6.

Greta MacLean

SWEET POTATO CASSEROLE

1 can (12-oz.) spam luncheon meat
1 can (18-oz.) sweet potatoes (drained)
1 can (8-oz.) fruit cocktail
1 tsp. cornstarch
2 tbsp. brown sugar
2 tbsp. butter or margarine

Arrange potatoes in fairly shallow casserole dish. Make 5 cuts partially through loaf of spam and place loaf in dish.

Drain fruit, saving juice. Combine cornstarch and brown sugar. Stir into fruit juice and add butter or margarine. Heat to boiling - stir in fruit and simmer for 5 min.

Spoon over slit loaf of spam and potatoes. Bake at 350 degrees for 25 - 30 min. basting with juice during baking. (serves approx. 4)

Jean Schou

TOFU RECIPES

Potato Bake with Cheese

Mix gently in a large bowl:

1/2 cup green onions (chopped)
2 cups cooked potatoes (sliced or diced)
1 lb. Tofu (mashed well with a fork)
2 eggs (lightly beaten)
1 cup sour cream
1 cup grated cheddar cheese
2 tsp. seasoned or herb salt

Turn into an oiled 2 quart casserole. Bake at 350° for 50 - 60 minutes.

EASY POTATOES

2	lbs. frozen hash brown potatoes
1	cup sour cream
2	cups grated cheese
1	can cream of chicken soup
1	onion chopped
1	tsp. salt
1/4	tsp. pepper

Mix well. Put in greased 9 X 13 pan. Top with buttered bread crumbs and bake at 325° for 1 hour and 15 minutes.

N.F.

MOUSSOKA

(casserole)

4	small eggplants (I use 1 medium)
3/4	cup butter
2	large onions (chopped)
2	cloves garlic (minced)
1 1/2	lbs ground beef or lamb
1/2-3/4	cup tomato sauce
	salt and pepper to taste
	dash of nutmeg

Sauce

1/2	cup flour
4	cups hot milk
3	egg yolks (I use 2 whole eggs [well beaten])

Top with:

1	cup grated cheese

Preparation:

Slice unpeeled eggplant and sprinkle with a little salt, let stand while preparing meat. Saute onions and garlic in 3 tbsp. butter - brown meat. Brown eggplant in butter. Layer in casserole with tomato sauce, nutmeg and seasoning. Over all, pour hot milk mixture and top with cheese. Bake at 350° for 1 hour.

Dorothy Anderson

CORN SAUSAGE CASSEROLE

4	eggs well beaten
2 1/2	cups cream style corn (large tin)
1	cup soft bread crumbs
1	lb sausage meat
1	tsp. salt
1/8	tsp. pepper
	ketchup

Mix together all ingredients. Pour into greased round, deep casserole dish. Spread ketchup over top. Bake in pan of water (1" deep) at 350 deg. (moderate oven) for approximately 1 hour.

Jean Schou

VEGETABLE MEAT CASSEROLE

3	Med. potatoes, sliced thinly
1	lb. hamburg
1	lg. onion (diced)
1	sm. green pepper (diced)
1	can tomato soup
1/2	cup water
1	cup rice krispies
1/2	cup grated cheese
	salt and pepper
	butter

Place a layer of potatoes in casserole. Add a layer of meat mixed with onions, green pepper, and seasonings, then a layer of soup mixed with water. Alternate layers. Sprinke rice krispies on top then cheese. Dot with butter. Cover and bake 350 deg. for 1 hour. Remove cover for last 15 min. so top will brown.

Yvonne Hunt

QUICK BAKED BEANS

1	large can pork and beans
1/4	cup chili sauce
3	slices Bacon *
1	medium onion * - *Saute together & drain fat off
1	tbsp. molasses
1	tbsp. brown sugar
1	tsp. prepared mustard

Mix together

Bake in oven at 350° for 1/2 hour.

Martha Fonger

NEOPOLITAN SPAGHETTI

1	lb. ground chuck or hamburg
1/2	lb. spaghetti
1	large onion (chopped fine)
1	green pepper (chopped fine)
1	tin mushrooms (drained)
1	tin tomato soup
1	19-oz. tin tomatoes (cut tomatoes)
3/4	lb. shredded sharp cheese

Fry meat, onion, and green pepper until pink is gone from meat, (about 5 min.). Add cooked and drained spaghetti. Stir. Add mushrooms, tomatoes, tomato soup and half of the shredded cheese. Mix well. Put into a fairly large casserole. Put the remaining cheese on top. Bake at 350 degrees for about 1/2 hour.

This freezes well!! Take from freezer and reheat in the oven.

Jean Schou

SWEET AND SOUR BEANS

8	slices bacon, (fried, drained and crumbled)
4	large onions, (peeled, cut in rings)
1	cup brown sugar
1	tsp. dry mustard
1/2	cup cider vinegar
1	tsp. salt
1/2	tsp. garlic powder

In a large bowl mix following:

1	large can butter beans
1	large can green lima beans

Remove half of liquid on above.

1	large tin dark red kidney beans (drained)
1	large tin baked beans

Method:

Place onions in bacon fat in skillet, add sugar, mustard, garlic, salt and vinegar. Cook very slowly 20 minutes. Add onion mixture to beans. Add crumbled bacon. Pour into casserole and bake at 350° for 1 hour.
Freezes well but freeze before baking.

Elva Charlton

CALICO BAKED BEANS
(For a Crowd of 10 to 12)

325° - cook 1 1/2 hours

Combine in large casserole, reserving liquids:

2	cups green limas (cooked and drained)
2	cups large dry limas (cooked and drained)
2	cups red kidney beans (cooked and drained)
1	qt. pork and beans

Fry:

6	slices bacon (diced)

Pour off excess fat.

Add:

1 1/2	cups onions (cut up)

Fry briefly.

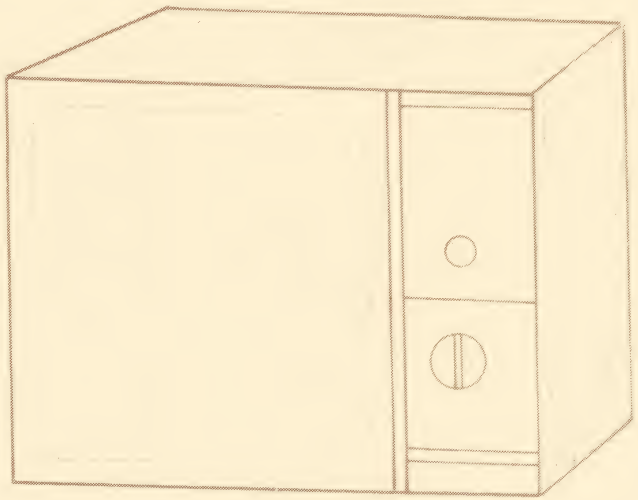
Add:

3/4	cup brown sugar
2	tsp. salt
1	tsp. dry mustard
1	clove minced garlic
1/2	cup vinegar
1/2	cup ketchup

Cook five minutes and pour over beans. Add enough of reserved liquid to cover beans. Bake uncovered 1 1/2 hours, adding additional liquid if beans become dry.

Mabelle Risdon

Microwave



MICROWAVE
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MEATLOAF

1	lb. lean ground beef
1	egg (beaten)
1/4	cup dry bread crumbs
1	small minced onion
1	tbsp. minced parsley
3/4	tsp. salt
1/4	tsp. pepper
1	tsp. garlic salt
1/4	cup green peppers (chopped)
1/4	cup celery (chopped)
1/2	cup tomato juice
1/4	cup catsup

Thoroughly combine all ingredients except catsup. Pack lightly into 9" baking dish making a well in centre. Microwave on high 6 min., drizzle catsup over top, microwave 5 min. longer. Rest 5 min. Serves 5 to 6.

BUTTER CRUMB POTATOES

4	medium potatoes (peeled)
1/2	cup seasoned dry bread crumbs
2	tbsp. butter or marg. (melted)

Roll potatoes in butter, then in bread crumbs. Arrange in a 9 X 9 in. baking dish. Cover. Cook on high power 7 to 8 min. or until potatoes are tender. Let stand 5 min. directly on the counter.

Marg Claxton

GINGERED MEATBALLS

Meatballs:

1	lb. lean ground beef
1	egg (slightly beaten)
1/8	tsp. garlic powder
3	green onions (chopped)
1	tsp. ground ginger

Sauce:

1/2	cup water
1	tbsp. soy sauce
2	tsp. parsley
2	tsp. cornstarch
1	tsp. white wine vinegar

Combine meatball ingredients in medium mixing bowl. Blend thoroughly. Form meatballs using 2 level tsp. of meat for each. Place meatballs in 12 X 8 in. baking. Microwave at high 4 to 7 min., or until meatballs are no longer pink, turning once or twice during cooking. Remove meatballs from dish. Set aside. Combine water and cornstarch in 1 cup measure. Blend into meat juices in baking dish; add soy sauce, vinegar, and parsley flakes. Microwave at high 4 to 7 min. or until thickened and bubbly, stirring once or twice. Pour sauce over meatballs. Microwave at high 1 to 3 min., or until heated through. Serving size, 3 meatballs, 60 calories per serving.

MICROWAVE MINESTRONE SOUP

1/2	cup thinly sliced celery
2	cloves garlic minced
1	can (16 oz) tomatoes
8	oz. frozen beans
3	cups hot water
1	tsp. basil leaves
1/2	cup thinly sliced carrot
3/4	cup potato cut into 1/2 inch. pieces
1/2	cup spaghetti (broken)
2	tsp. instant beef bouillon granules
1	tbsp. parsley flakes
1	cup thinly sliced zucchini

In 3 quart casserole dish combine all ingredients and cover. Microwave at high 25 - 30 minutes or until tender. Stirring once or twice. Serves 6.

Marg Claxton

MICROWAVE
EASY RICE PUDDING

1	pkg. vanilla pudding mix (4-serving size)
2 1/2	cups milk
1/2	cup raisins
1/2	cup quick cooking rice

Setting High

In 4 cup measure or casserole combine all ingredients

Microwave for 6 to 7 minutes or until mixture boils.

Stirring occasionally during last half of cooking time serve warm or cold 4-6 servings

STUFFED GREEN PEPPERS

1	lb. lean ground beef
1	onion (chopped)
1	medium tomato (chopped)
1	cup cooked rice
1	tsp. horse radish
4	large green peppers (pulp removed)
1	slice cheese (cut into 8 thin strips)

In mixing bowl combine beef, onion, tomato, rice and horse radish. Mix well. Fill peppers with mix.

Place on roasting rack. Cover with wax paper.

Microwave on high 13-17 min. or until meat is no longer pink.

Cover each pepper with 2 strips of cheese. Microwave 1-2 min.

PINEAPPLE UPSIDE DOWN CAKE

1/4	cup butter or margarine
1/2	cup packed brown sugar
6	slices canned pineapple drained
6	maraschino cherries
1	package (9 oz.) yellow cake mix

Settings high/defrost

Place butter in 9 inch round glass baking dish

Microwave on high for about 2 min. or until melted. Stir in brown sugar. Arrange pineapple on top. Place a cherry in center of each pineapple slice. Prepare cake mix as directed on package. Pour over pineapple.

Microwave on defrost for 7 min.

Microwave on high for 3 to 4 min. or until toothpick inserted in center comes out clean. Let stand 1 minute turn out onto platter & serve warm or cold.

SHAKE AND BAKE CHICKEN

1	lb. chicken pieces Shake 'n bake

Shake chicken in bread crumbs and place on a roasting rack. Cover with wax paper and cook on high for 5 1/2 to 8 min. per pound. Let stand 5 min. and serve.

Marg Claxton

BREAD PUDDING

2	cups soft bread cubes
2	cups milk
2	eggs slightly beaten
1/3	cup] sugar
1/2	cup raisins
1	teaspoon vanilla
1/8	teaspoon salt
	cinnammon

Settings high/defrost

Place bread in 1-Quart glass casserole

Microwave on high for 2 min. to dry bread. Measure milk into 4 cup glass measure.

Microwave 3 to 3 1/2 min. or until hot. Combine remaining ingredients except cinnammon. Mix in hot milk. Add to bread in casserole mixing well sprinkle with cinnammon.

Set in baking dish with about 1 inch of water

Microwave on high for 2 min.

Microwave on defrost for 8 min. stir and microwave on defrost for 8 to 10 min. or until knife inserted near center comes out clean.

To prepare pastry in advance roll pastry for two crust pie crust. Cut into 5" rounds. Prick with fork. Stack with wax paper between rounds. Place in plastic bag or aluminum foil and freeze.

When ready to use, heat oven to 475° (very hot). Place frozen circles on inverted Custard cups on baking sheet or on backs of muffin cups. Bake 8-10 min. During baking pastry takes shape of cups. (8 shells).

MUFFINS

Use your own favorite recipe and follow the following times:

1 muffin - 25 - 40 seconds
2 muffins - 3/4 - 1 1/2 mins.
4 muffins - 1 1/2 - 2 1/2 mins.
6 muffins - 2 1/2 - 4 1/2 mins.

AT HIGH

To keep white rice from sticking, add a teaspoon of lemon juice per quart of water.

Microwave ovens are appreciated most for their efficiency in defrosting and speedy cooking. (N.B. Metal lids must always be removed from containers before they are put in the microwave).

Decrystallize honey by heating it for 30 to 45 seconds on high in microwave.

Slow molasses runs faster if warmed for 10 to 15 seconds in a microwave, for every half cup.

Warm up bottled pancake syrup for 10 to 15 seconds in microwave.

Heat the baby's bottle or food in the jar (remove the metal cap before putting in microwave).

Molasses will run faster if put in the microwave 10-15 seconds.

Dates will chop easier if put in the microwave a few seconds.

Orange and lemons will sqeeze more easily after a few seconds in microwave.

Preserves

PRESERVES
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HOMEMADE SAUERKRAUT

Late cabbage

Pickling Salt

Remove green outer leaves from cabbage and cut in half or quarters. Shred with shredder (or slicer) or sharp knife into shreds about 1/16 of an inch, and half cabbage at a time. Sprinkle with 1 tbsp. salt. Then press or pound lightly until cabbage is slightly softened, and liquid appears.

Transfer to clean, large crock and repeat process. Fill crock to 3 - 4 inches from top of crock. Pack down well, until cabbage is covered with liquid. Cover with a thin clean cloth, and tuck edges down against inside of crock. Cover cloth with plate that fits just inside crock. Place weight on top of plate and press slightly down to keep brine covering cabbage.

Keep the crock at 65^{o} - 70^{o} to forment. Formation of gas bubbles or foam around edge indicates cabbage is formenting. Remove scum as it forms. Wash and scald cloth as necessary to keep it free from scum and mold. Fermation takes 10 - 20 days depending upon temperature. Pack into clean hot jars and cover with brine. It can be stored in refrigerator for several months, frozen in jars, or processed in jars for longer storage. To process, fill clean hot jars with hot sauerkraut, that has been heated to simmering. Cover with lids, and put in hot water bath - 15 minutes for pints, 20 mins for quarts. Start to count as soon as jars have been put in actively boiling water. Remove jars from canner, cool and store.

Audrie Koegler

MOM'S FRUIT SALAD CHILI SAUCE

6	apples
6	pears
6	peaches
6	onions
1	bunch of celery - big stalks
30	tomatoes - 11 quart basket (peeled)
1	green pepper
2	red hot peppers

Put all through the grinder and into a large preserving kettle.

Add:

1	pkg. whole pickling spice (tied into a cloth bag)
1	pint cider vinegar (2 cups)
4	cups white sugar
2	tbsp. coarse salt or table salt not iodized

Boil 1 1/2 hours with spice tied in a bag. Remove spice bag and continue cooking. Cook altogether about 3 hours or until it is thick.

Be sure to stir well especially near end of cooking.

Mom put the sugar in about half way through cooking time.

Betty Dance

ICICLE PICKLES

6 quart basket of 3" by 4" cucumbers

Wash and dry well. Cut in half lengthwise. Add 2 cups common salt to 1 gallon of boiling water. Pour this over cucumbers in crock and let stand 4 days. (They ferment).

5th day - Drain brine from pickles and cover with clear boiling water for 24 hours.

6th day - same as 5th day but add (alum [crystal alum]).

7th day - Make Syrup - 2 1/4 quarts white vinegar
8 cups white sugar (sparingly)
3 tbsp. mixed spice (in a bag)

Heat to boil and pour over cucumbers.

8th day - Pour off syrup and add 1 cup sugar, bring to a boil and pour over cucumbers.

9th day - Same as 8th day add 1 cup sugar

10th day - Same as 8th day add 1 cup sugar

11th day - drain and put cucumbers in jars cold. Heat syrup and add 2 more cups sugar (check for flavour). Pour over cucumbers in jars, and seal.

Muriel Nichol

STANLEY'S PICKLE RELISH - TERRIFIC

1	quart cucumbers chopped fine (large ones can be used)
1	quart gherkins left whole
1	quart onions chopped fine
1	quart silver skin onions left whole
1	cauliflower cut in little pieces
3	small green peppers
3	red sweet peppers

Put in separate vessels, cover with hot brine* and let stand over night. Next morning drain and put altogether.

Add:

3	cups white sugar
1/2	gallon cider or white vinegar
1/4	lb. white mustard seed
1/4	oz. celery seed

Let this come to a scald heat. Then make a paste of

2/3	cup flour
1/4	lb. mustard
1/2	oz. tumeric
	A little vinegar

Add slowly and stir briskly, until near boiling. Bottle when warm.

*Brine - 1/2 cup of coarse salt and boiling water covers all ingredients.

Betty Dance

PEACH CONSERVE

12	cups chopped peaches
9	cups sugar
4	oranges
2	lemons
1/4	lb. blanched almonds (chopped fine)
1/2	cup sliced maraschino cherries (chopped)
	maraschino cherry juice

Put peaches in kettle with sugar, orange juice, and rind either grate or put through food chopper, cook slowly until thick and clear, add lemon juice, almonds and cherries. Boil 5 more minutes. Seal.

Muriel Nichol

MOM'S CELERY RELISH

Dressing -

1	tbsp. curry powder
1	tbsp. tumeric powder
1	tbsp. celery seed
1	tbsp. white mustard seed
2	quarts of cider vinegar
1/2	C. salt
	About 1 1/2 lbs. brown sugar
3	heads of cauliflower
3	Bunches of celery
1 1/2	doz. large cucumbers

Grind cauliflower, celery and cucumbers. Let drain. Combine all ingredients and cook until tender. Put in jars while hot.

Betty Dance

PICKLED EGGS

1	dozen eggs - hard boiled
2	cups white vinegar
2	tbsp. mixed spice
2	tbsp. sugar
1/2	tsp. salt
1	cup water

Bring to a boil and simmer 5 minutes. Cool. Add 2 cloves of garlic (chopped).

Put eggs in a quart jar and pour syrup over eggs. Refrigerate for 2 or 3 days.

Muriel Nichol

CHILI SAUCE

1	tin tomatoes 28 oz.
1/4	cup cider vinegar
3/4	cup white sugar
2	medium onions (cut fine)
2	stalks celery (cut fine)
	salt
1/4	tsp. ginger
1/4	tsp. cayenne pepper
1	tsp. cinnamon

Mix altogether. Simmer about 1 hour - cook on low heat.

Mary Wraight

CHILI SAUCE

6	qt. basket tomatoes
1	bunch celery
2	green sweet peppers
4 or 5	onions cut fine
4	cups white sugar
2	cups vinegar
2	tbsp. pickling salt
1	tsp. each, ground allspice and cinnamon
1	tsp. ground cloves
1/4	tsp. red peppers

Put tomatoes in a large pan & pour boiling water over them to remove skin easily. In a large pot cut up tomatoes, celery, green pepper & onion. Add sugar, vinegar & spices. Mix all together well. Simmer for 3 hours stirring often. Makes about 6 pints.

Muriel Nichol

RHUBARB JAM

5	cups rhubarb (cut fine)
5	cups sugar
1	(2 oz.) can crushed pineapple (undrained)
2	packages (3 oz.) strawberry Jello

Combine rhubarb, sugar and pineapple. Boil gently for 20 minutes. Stir in Jello powder until dissolved. Pour into sterilized jars and seal with paraffin.

M. Clarke

STANLEY'S RIPE CUCUMBER RELISH

Very Good

25	ripe cucumbers
1	doz. onions

Peel and remove seeds from cucumbers.
Peel onions - Grind cucumbers and onions.
Sprinkle with salt and let stand over night.
Drain in the morning. Cover cucumbers and onions with cider vinegar and cook for 20 min.
Then pour over it the following sauce and heat through. Bottle and seal.
Sauce for ripe cucumber relish -

2 1/2	C. white sugar
3	tbsp. flour
2	tsp. dry mustard
1	tsp. tumeric powder
2	tsp. celery seed

A little black pepper and a little red pepper

Mix together with enough cider vinegar to make a sauce.

Betty Dance

HOMEMADE GRAINY MUSTARD

1/2	cup mustard seed
1/2	cup herb or cider vinegar
1/2	cup white wine
1	tbsp. liquid honey
1/2	cup English powdered mustard
1	tsp. salt
2	tbsp. water

Combine mustard seed, vinegar & wine & let stand overnite. Next day, put in blender with honey, and run in short intervals until coarsely ground. Add dry mustard, salt & water; and process 30 seconds. If too thick add a little water. Put in a lidded container & let stand at room temperature overnite. If too firey to taste let stand a couple of days. Then pot & seal & store in frig. well sealed.

Audrie Koegler

SHERRY MUSTARD

1	cup dry mustard
3/4	cup cider vinegar
1/4	cup sherry
3	eggs
6	tbsp. liquid honey

Combine mustard & vinegar & sherry and let stand overnite: Next day, beat eggs, gradually whisk in honey, then mustard mixture. Put in double boiler & cook over simmering water, whisking all the time until it thickens. Pour at once into clean warm screw top jar.

Audrie Koegler

HERB VINEGAR

Scald an old wine bottle, or other glass container, and stuff about 1 cup fresh herbs into bottle. Try tarragon, summer, savory, dill, marjoram, & thyme.

You can experiment with different combinations. Fill bottle with boiling white or cider vinegar & cap with a cork or cap. Let stand in a cool dark place for 4-6 weeks. Strain if desired.

Audrie Koegler

HOT DOG RELISH

8	large cucumbers (Peeled)
12	green tomatoes
6	large onions
1	small bunch celery
4	green peppers
2	red hot peppers
1	hot sweet peppers

Put all through grinder (except celery) cut it up fine. Add 1/2 cup salt, let stand overnight

Drain in the morning and cover with vinegar add 6 cups of sugar and boil for 20 minutes or till cooked.

Mix together

1/2	cup flour
1	tbsp. mustard
1	tsp. tumeric to a paste with cold vinegar and add to boiling mixture, boil for 10 minutes. Put in jars.

Muriel Nichol

GREEN TOMATO RELISH

12	green tomatoes
4	peppers (2 red and 2 green)
4	onions

Grind and drain

Add:

2	cups sugar
3	cups vinegar
2	tsp. salt
1	tsp. tumeric
1 1/2	tsp. celery seed
1	tsp. mustard

Boil for 20 minutes and bottle.

Mabelle Risdon

GREEN PEPPER JELLY

- nice on cheese and crackers

4	green peppers
3 or 4	jalapino peppers (hot) green
5	cups sugar
1	cup white vinegar
1	bottle certo

Method: Remove seeds and chop peppers fine (blender). Add vinegar and sugar. Boil slow for 10 minutes. Remove from heat and add certo and stir 1 minute. Boil hard for 1 minute. Skim and bottle.

Muriel Nichol

FREEZER PICKLES

7	cup sliced cucumbers
3	onions (chopped fine)
1	tbsp. pickling salt - dissolved in 1 1/2 boiling water

Pour over onions and cucumber and let stand overnight

Syrup -

2	cups white sugar
1	cup vinegar
1/2	tsp. celery seed

boil and cool

Drain cucumbers and onions. Pack in margarine tubs cover with syrup and freeze.

Alice White